

**Three Join Quincy College Board Of Governors - Page 2**  
**Crane Library Director's Monthly Report - Page 22**  
**New Way Recovery Center Calendar, Support - Page 36**



# Three New Governors Join Quincy College Board

Quincy College has appointed three new members to its Board of Governors.

Robert Chambers, George Hardiman and David Mahoney succeed Gregory Hanley, Thomas Fitzgerald, MD, and Carolyn O'Toole, RN, whose terms as governors expired in September.

Chambers, a Quincy resident, serves as vice president for Strategic Engagement and Chief of Staff at the Mass. College of Art and Design in Boston. He has extensive professional experience in higher education including leadership roles at Berklee College of Music, Cambridge College and The School of the Museum of Fine Arts and is also a former Legislative Director for the Mass. House of

Representatives' Committee on Ways and Means. He earned his Bachelor's degree from Southeast Missouri State University.

Hardiman, an Easton resident, is the chief executive officer of Tremont Credit Union, a cooperatively owned not-for-profit financial institution serving more than 250 select employer groups throughout Greater Boston. He is also a practicing attorney who focuses on securities as well as criminal law. He formerly served as a trial attorney in the Securities Division of the Mass. Secretary of State's Office and, previously, as a prosecutor in the Suffolk County District Attorney's Office. He is a member of the Massachusetts, Norfolk County, Plymouth County

and Quincy Bar Associations and received the Quincy association's Man of the Year Award in 2019. He also served eight years as a member of the Massachusetts Judicial Nominating Commission. He earned his Bachelor's degree from the University of Massachusetts, his law degree from the University of Illinois Chicago Law School and his Master's degree from Boston College's Carroll School of Management.

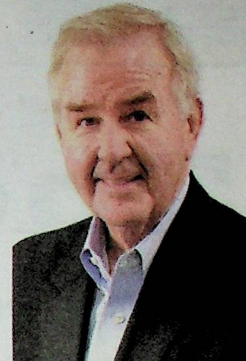
Mahoney, a lifelong Quincy resident, is a local attorney whose practice specializes in real estate and zoning issues. He previously served as the First Assistant Clerk Magistrate of Norfolk Superior Court. He earned his Bachelor's degree from Suffolk Univer-



ROBERT CHAMBERS



GEORGE HARDIMAN



DAVID MAHONEY

sity and his law degree from the New England School of Law.

The 13 members of the Quincy College Board of Governors each serve six-year terms, act as advocates for the institution, have certain statutory governance

and oversight responsibilities and demonstrate an overall commitment to the mission and purpose of the institution.

Other members on the Board of Governors and when their terms expire: Christopher Carroll

(Chair), 2030; Frank Santoro (1st Vice Chair), 2033; Robert Harnais (2nd Vice Chair), 2033; Philip Chong, 2034; Katherine Craven, 2030; Dolly Di Pesa, 2033; Sean Galvin, 2034; Donald MacKinnon, 2034; and Kyle Swist, 2034.

## A Message From DOVE: Domestic Violence & Dynamics Unique To Older Survivors

October is Domestic Violence Awareness Month. Throughout the month, DOVE, Quincy's Domestic Violence Organization, will highlight how abuse affects different populations and how to find support and resources.

People who have experienced domestic violence often have different perceptions of what constitutes

abuse, which may impact the way they seek help and define healing and justice. At any age domestic abuse may include physical violence, sexual assault, and verbal, emotional, economic and spiritual abuse. Coercive control is an underlying factor in almost all cases.

For older adults, there are some unique dynamics related to their experienc-

es of domestic abuse. For those in long term marriages or partnerships, the abuse may have been occurring throughout the relationship or it may be a relatively new occurrence. Some older adults may experience violence or abuse in new relationships formed after divorce from or death of a previous partner.

Over time, physical

abuse may decrease while emotional abuse, economic coercion and verbal threats may increase, which can all have devastating effects on an older adult and may be more damaging than physical abuse. Many older adults experience isolation related to loss of family or friends or due to health conditions which is a risk factor for do-

mestic abuse. Financial and health factors that lead one person to be dependent on another for support or assistance can also place an older adult at risk.

Perpetrators of abuse against older adults are often trusted friends, family or caregivers. Abuse usually, but not always, happens in older adults' homes or

places of residence. Harms caused by abuse against older adults include depression, stress, helplessness, alienation, guilt, shame, fear and anxiety. If there are concerns about possible abuse of an older adult, contact DOVE at [www.dovema.org](http://www.dovema.org) or South Shore Elder Services at [sselder.org](http://sselder.org) for support and resources.

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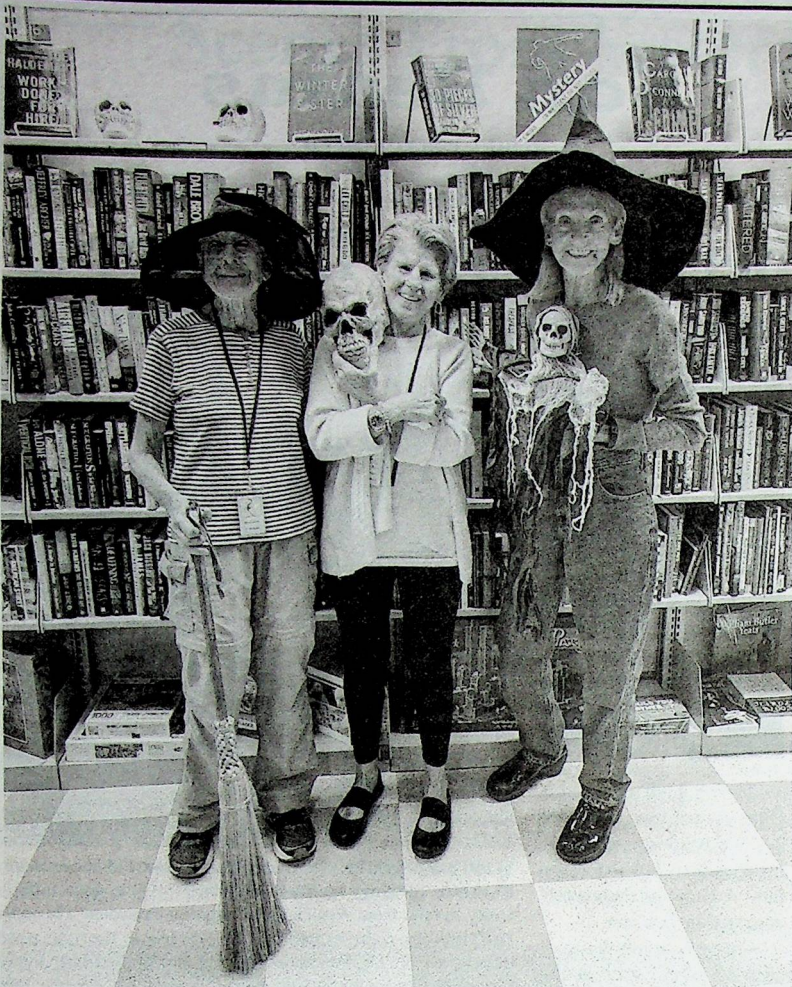
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**BOOKSTORE VOLUNTEERS** Eunice Charles, Mary Ioannilli, and Kathylene Pavidis lure customers to the bookstore in their Halloween finery. *Courtesy Photo*

## TCPL October Sale

The Friends of the Thomas Crane Library Bookstore has an October "Spooktacular" sale on-going now. Buy 10 regularly priced hardcover or trade paperback books or regularly priced DVDs and CDs for \$5.

The Bookstore is run by volunteers and its earnings enable the Friends to support a wide variety of library programs, including museum passes, musical performances, and guest speakers. Located in the Atrium on the ground floor of the Thomas Crane Library, the store is open Monday, Wednesday and Friday 12:30-3:30; Thursday 5-8; and Saturday 9:30-3:30.

To maintain and update the wide-ranging offerings, the store accept donations of any quantity of books, DVDs or music CDs that you would like to give. They can be dropped off by depositing them in the white donation bin located in the Main Branch Atrium, which is available all hours that the Library is open. Donations are also accepted in the bookstore itself during store hours.

## Police Safety Session Oct. 16

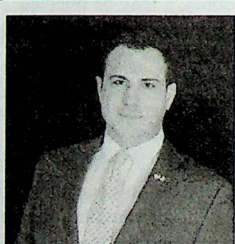
The Quincy Police Department will be at the Kennedy Center, 440 East Squantum St., North Quincy, on Wednesday, Oct. 16th at 1 p.m. to discuss senior safety.

Lt. Joseph Lencki, Sgt. Dan Flaherty, and Officer Greg Marr of the Community Service Unit will talk about basic relevant community issues and answer any questions.

Detective Lt. Steve O'Donoghue from the Bureau of Criminal Investigations will talk about home-owner scams, internet scams

and how to protect yourself and avoid entrapments as well as answer any questions.

To attend this important and informative session, call 617-376-1506 to register.



Armando Agnitti, Esq., CISR  
Anthony Agnitti, CIC, LIA

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**HAPPY 40TH WEDDING ANNIVERSARY** – Ed and Lisa McDonagh (nee Tarbox) of Quincy recently celebrated their 40th wedding anniversary at a surprise party Sept. 28 at the Quincy Yacht Club. The anniversary party was hosted by their three children, Michael, Kevin and Carolyn. The couple was married at Sacred Heart Church in North Quincy on Sept. 29, 1984. Here they receive a City Council Commendation from Ward 2 Councillor Richard Ash in recognition of their milestone. *Photo Courtesy Richard Ash*

## College Fair Thursday At Quincy High School Gym

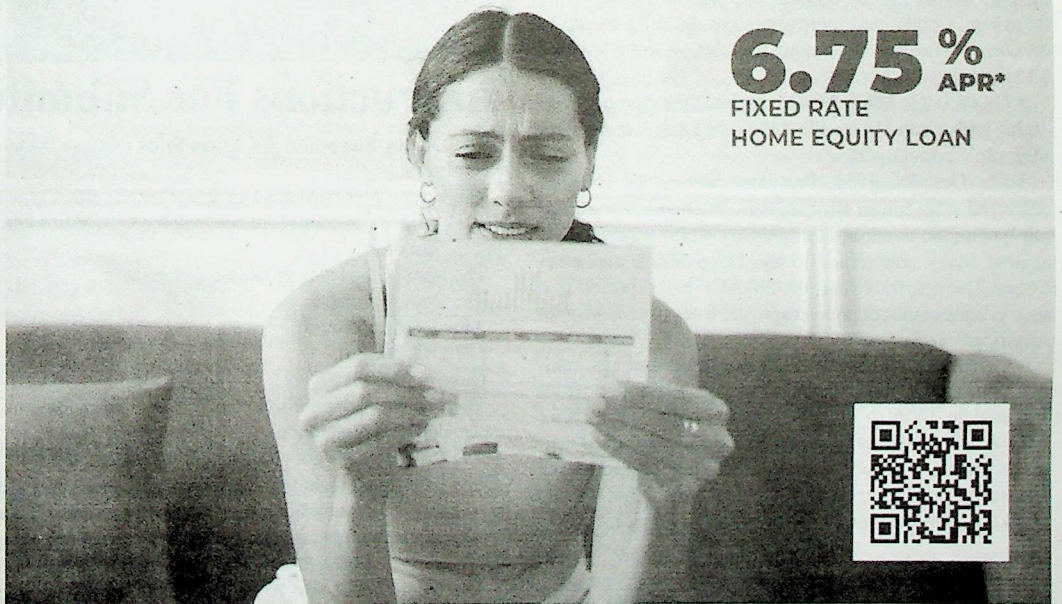
Quincy Public Schools high school counselors will be hosting a College Fair

on Thursday, Oct. 10, at Quincy High School in the gymnasium from 6 to 8 p.m.

There will be more than 80 colleges and universities in attendance.

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## Moments in time

THE HISTORY CHANNEL

• On Oct. 21, 1861, Union troops suffered a crushing defeat at the Battle of Ball's Bluff in Virginia, the second major engagement of the Civil War, which produced the conflict's first martyr and led to the creation of a Congressional committee to monitor the conduct of the war.

• On Oct. 22, 1797, the first parachute jump of note was made by Andre-Jacques Garnerin from a hydrogen balloon 3,200 feet above Paris.

• On Oct. 23, 1998, Dr. Barnett Slepian was shot to death inside his home in Amherst, New York, by anti-abortion radical James Charles Kopp. His killing marked the fifth straight year that an abortion-providing doctor in upstate New York and Canada became the victim of a sniper attack. Kopp, whose defense argued that he only intended to wound Slepian, was convicted of second-degree murder in 2003.

• On Oct. 24, 1969, movie star Richard Burton dazzled his wife, actress Elizabeth Taylor, with a 69-carat Cartier diamond ring costing a cool \$1.5 million after she responded to his allegation that her hands were large and ugly by saying that he'd better buy her the ring to make them look smaller and more attractive. In 1979, the now-divorced Taylor put the ring up for auction and it sold for \$3 million.

• On Oct. 25, 1980, AC/DC earned their first pop Top 40 hit with "You Shook Me All Night Long." It remains their most popular single.

• On Oct. 26, 1921, President Warren G. Harding delivered a speech in Birmingham, Alabama, condemning lynchings, committed mainly by white supremacists against Black Americans in the Deep South and elsewhere. The previous year, the NAACP had reported that such crimes claimed, on average, the lives of two African Americans each week.

• On Oct. 27, 1659, William Robinson and Marmaduke Stevenson, two Quakers who'd emigrated from England in 1656 to escape religious persecution, were executed in the Massachusetts Bay Colony for their religious beliefs. The men had violated a law passed by the Massachusetts General Court the year before that banned Quakers from the colony under penalty of death.

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### The Garden Bug

#### Autumn garden tasks

- Gather seeds from your spent plantings; collect all dead and dying foliage.
- Compost any plant waste that is not diseased. If burning is permitted in your community, this will be an effective way to dispose of diseased plants.
- The autumn leaf fall can smother a lawn (especially any newly-established ones) if not often raked up.
- Planting cover crops, or spreading mulch over bare soil, can help prevent soil erosion over the winter. - Brenda Weaver

Sources: www.thegardenbug.com, wayne.osc.ncsu.edu

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## Son Beams

By ROBERT BOSWORTH

## Remembering Marie D'Olimpio

It's never easy losing a family member.

For us at The Quincy Sun, Marie D'Olimpio was like family – a devoted and dedicated member of the Sun staff for nearly 40 years. She was much more than a co-worker or colleague – she was a dear friend who was always there to listen to what was going on in our lives and offered a welcoming, radiant smile whenever she visited our office.

We were all very saddened to hear the news that Marie – our longtime food columnist and newspaper reporter – had passed away Sept. 29. She was 99.

Marie got her start here in September, 1986 – just a few months after she left the Patriot Ledger as one of their correspondents. She had worked for the daily paper for nearly 19 years. During that time she covered municipal meetings, wrote the "Looking Backward" and "People" columns and contributed her sure-to-please food recipes.

Marie and my dad attended Quincy High School together back in the early 1940s. Henry graduated in 1942 and Marie a year later so they knew each other as high school friends.

Their paths would cross again later after Henry started publishing The Quincy Sun in 1968 and Marie was working at the Ledger. In



MARIE D'OLIMPIO

Obituary On  
Page 24

1979 they both received a Unity Award from the Ward 2 Civic Association Outgoing President Ted DeCristofaro. A photo of the awards appeared in The Sun.

After Marie left the Ledger, she would walk at the South Shore Plaza with friends. She often saw Henry who also walked the mall with his friends before heading to work.

After a while Henry asked Marie if she would like to work part-time at the Sun and cover just one meeting: the Quincy License Board. Marie hesitated because she had covered countless meetings at the Ledger and she wasn't ready to go that route again.

However, one morning Henry convinced her after telling her that the meeting was held on Tuesday morning (used to be 10 a.m.



MARIE D'OLIMPIO (left) and Quincy Sun Publisher Henry Bosworth (middle) received the Ward 2 Civic Association's Unity Award from Association Outgoing President Theodore DeCristofaro, right, in January, 1977. Marie, at the time, was a news writer for The Patriot Ledger but later joined The Quincy Sun staff. She covered meetings and penned her popular food column for the Sun for nearly 40 years. Quincy Sun File Photo

now it's 4 p.m.) He assured her the License Board was much different than the long night meetings she had covered in the past.

Soon her second newspaper career at the Sun was flourishing. Besides her License Board bylines Marie contributed tens of hundreds of recipes in her "Marie's Kitchen" column. Each week she shared with Quincy Sun readers recipes for appetizers, sides, entrees and desserts for many, many years. She especially enjoyed submitting recipes

around the holidays – offering a flavorful feast for Sun foodies.

In the beginning she worked at the office generating her copy on a manual typewriter. Later as the newspaper industry shifted to computers, Marie met the technology challenge head on and became very efficient using software programs. She also mastered email and in recent years that was the chosen method of sending in her recipes.

After Henry passed away

Cont'd On Page 8

## READERS FORUM SUBMISSION POLICY

### Instructions For Submitting Letters To The Editor

The Quincy Sun policy for letters to its Readers Forum is as follows:

The letter writer must send an actual letter – either typed or hand-printed (no cursive, please) via the U.S. Mail to the Quincy Sun office.

The front of the letter should be addressed:

The Quincy Sun  
Attn: Readers Forum  
1372 Hancock St.  
Quincy, MA 02169

The Sun does not publish letters submitted by writers using an alias or a pseudonym.

The Sun also does not publish anonymous letters.

The letter must include the person's full name (first and last name) who is submitting the letter, home address and a daytime phone number so that the letter writer can be verified.

The letter should also be signed by the individual who wrote the letter.

The Quincy Sun welcomes the opinions of our readers in the form of letters to the editor, as long as the submissions are not in bad taste and refrain from personal attacks on individuals.

The Quincy Sun reserves the sole discretion to decide whether or not a reader submission will be published. If your letter is selected it will be run on a single occasion.

The Quincy Sun will not accept letters that are duplicated, reprinted, copied, or otherwise reproduced.

Letters should be original, typewritten or neatly handwritten. Letters should not exceed 400 words. Letters ex-

ceeding this length could be subject to editing and may not be published in their entirety.

The Quincy Sun does not as a general rule print form letters or letters which are also submitted to other newspapers. We are most interested in sincere personal views. If a writer cannot assure us that their submission is individual and personal, it may be rejected.

Letter writers may submit one letter to the editor once a month (no more than one in a four-week span). One letter per subject matter.

Letters that are accepted for publication will be printed when space permits.

Your Letter to the Editor must include:

- Your full name with signature
- Your complete address
- Your daytime telephone number

Your address and telephone number will not be printed in the newspaper, but will be used for verification by newspaper editorial staff.

Unsigned letters and letters containing personal attacks the newspaper deems to be of a libelous nature will not be published.

The Quincy Sun reserves the right to end debate on a topic after both sides have had ample chance to express their views.

The Quincy Sun reserves the right to edit or refuse all letters.

Robert H. Bosworth  
Publisher  
The Quincy Sun



# Scenes From Yesterday



HOTEL "GREENLEAF" QUINCY, MASS.

THIS IS A 1915 postcard view of the Greenleaf Block on the corner of Hancock and Granite Streets in Quincy Square. Built in 1876, this was the first brick business building erected in Quincy. It features two polished Quincy Granite columns at the main entrance. The Greenleaf Hotel, originally known as the Robertson Hotel, was located on the top three floors until a fire

destroyed the roof and steeple leaving only the three story building there today. On the left is Durgin and Merrill building built in 1886; it is still standing and is today known as the Joe Finn Building. On the right down Granite Street is the old railroad bridge where the trains passed overhead until the Red Line was built below the street.

From the Tom Galvin Postcard Collection

## Quincy's Yesterdays

This Week  
1998  
26 Years Ago

### Treatment Plant Closing 'New Era'

The closing of the Nut Island sewage treatment plant this week ended 100 years of dumping wastewater into Quincy Bay. The closure was hailed by officials as a "great day" and a "new era" for Quincy.

About 250 people attended a ceremony marking the official closing of the plant. Mayor James Sheets said the project "marks the beginning of an era when our water is cleaner and our beaches are more pleasant."

Councillor Francis McCauley, whose mayoral administration filed a lawsuit in state court in 1982 that resulted in the beginning of the harbor cleanup and the creation of the Massachusetts Water Resources Authority (MWRA), voiced similar sentiments after the ceremony.

"It's a great day for the future of Quincy," said McCauley. "It culminates about 25 years of effort and many years' efforts of the administrations of many mayors."

The bay started to get cleaner when the MWRA ceased dumping sewer sludge into it from treatment plants at Deer and Nut Islands seven years ago. Currently, the sludge is dried into fertilizer pellets at the MWRA's facility at the Fore River shipyard.

#### JOSEPH R. HAROLD, SR. BRIDGE DEDICATED

The Neponset River commuter rail bridge was officially dedicated the Joseph R. Harold, Sr. Memorial Bridge at a ceremony held at City Hall.

Harold, a World War II veteran from Quincy known as "Mr. Veteran" who served as state adjutant for the Massachusetts Disabled Veterans for 43 years, died in 1994.

Among the family members who attended the dedication ceremony were grandson Joseph Harold III, grandson Patrick Harold, daughter-in-law Elinor Harold, granddaughter Kerin Harold, son and City Councillor Paul Harold, sister Edie Brickhouse, grandniece Stephanie Harold, niece Geraldine Sharkey, nephew Stephen Harold, and grandnephew Ryan Harold. Also attending were Secretary of Transportation and MBTA Chairman Patrick Moynihan and Russell Henderson, the Department of Massachusetts Disabled American Veterans state commander.

#### QUINCYISMS

The City Council unanimously passed a resolution stated that no future city council meetings would be held on the Jewish holidays Yom Kippur and Rosh Hashanah. The resolution was introduced by **Ward 2 Councillor Dan Raymondi** who said the council should show the proper respect to Quincy's Jewish community by not meeting on those days. . . . The Class of 1999 at Saint Joseph's Church in Quincy Point elected the following officers: **Kacy Cerasoli**, president; **Coleen Young**, vice president; **Saad Bhatti**, secretary; and **Matt Ramponi**, treasurer. . . **Danielle Perry** received a Student Excellence Award at the University of Rhode Island for superior academic achievement. . . The City Council unanimously approved a \$14,100 appropriation to fund raises for Quincy's election workers. The workers' wages will increase from \$6 to \$8 per hour. . . **Leo J. Kelly Park** was dedicated at Sea Street and Manet Avenue in Houghs Neck in honor of the former Ward 1 city councillor for his longtime service to Quincy. A stone at the park reads: "Leo J. Kelly Park: To Honor A Man Who Served as City Councillor and Council President with Great Humility and Great Dignity." . . . The Mayor's Commission on the Status of Women, Quincy Hospital Health and Education Foundation, and the Marie Curry Walk Committee raised \$80,000 through the support of sponsors, walkers and other supporters of the recent first annual Marie Curry Walk in Quincy. . . The adult thriller "Snake Eyes" was playing at the Wollaston Theater, 14 Beale St. All seats \$3.50 - Monday and Tuesday Dollar Night. . . Jack Conway Company's Home of the Week listed a 6 room, 3 bedroom on Winthrop Street off Sea Street for \$129,900. . . The 1998 Whamo World Junior Frisbee Disc Contest, sponsored by the Quincy Recreation Department, drew more than 75 participants who competed in various frisbee events including distance, accuracy and catching displays. . . . Morrisette American Legion Post awarded \$800 scholarships to eight local high school students. The recipients: **Amy Gray** of Pembroke, Silver Lake Regional High School; **Nichole Demaggio**, Quincy High School; **Erin Rooney**, North Quincy High School; **Sarah Jerome** of Easton, Oliver Ames High School; **Joseph Sheehan**, Braintree High School; **Jason Crossman**, Quincy High School; **Raymond Cattaneo** of Canton, Boston College High School; and **Gregory Cook** of Quincy, Xaverian Brothers High School. . . . **Army Pvt. Daniel J. Conway**, a 1998 graduate of North Quincy High School, entered basic training at Fort Benning, Columbus, GA.

## READERS FORUM - MORE LETTERS PAGE 29

### Fire Chief Tom Gorman: A Giant In Public Service

Fire Chief Tom Gorman was a great friend to me during my tenure as director of Inspectional Services in Quincy from 1997-2004. He encouraged a close working relationship between Quincy Fire and ISD. We also

worked closely on many city issues while serving on the Quincy License Board.

We both served on the Mass. State Police early in our careers so we started off with that bond and our relationship grew from there.

I learned a great deal from him about how to treat people with respect and kindness in many different situations.

He truly loved the City of Quincy. He was a Giant in the history of public ser-

vants in the City.  
May He Rest in Peace  
Eternal. Your brothers have  
the Watch now, Chief.  
Rest Easy.  
Walter White  
Milton

### Math For Today's Job Market And Life Skill - Not Happening

Math is used in many of our job and life experiences. The standard high school math courses offer a "one size fits all" and pushes students to drop out and do not match the job market needs of today. The curriculum is decades old while our job market and lives have changed considerably. When high school math courses match what is needed in the job market and life skills areas there will be a decrease in drop out rates and therefore a boost to our economy.

Are we up to this task? Or will we continue to be blind and apathetic? The attitude now seems to be that a student is less studious and less worthy if she/he does not want to go beyond basic algebra but wants to focus on one's desired area of study instead. Wanting to pursue a particular desired career path of courses leads to staying in school and self worth.

Requiring math courses after basic algebra, such as algebra II, geometry, trigonometry and calculus for the student who does not want a career that will need these courses is putting a huge

obstacle in the way of accomplishing his/her desired career path and feeling of self-worth, both so important in the high school years.

The greater percentage of graduating seniors will never use higher level main courses. For those who want these courses and plan a math or science career, these higher-level math courses are essential. Math expert, Steve Levitt of the University of Chicago, wants to transform learning from mindless manipulation in mathematics toward developing meaningful conceptual understanding.

Analytical skills, critical

thinking and logic can be taught in math courses that help students learn about establishing and balancing check books, analyzing and comparing any data, understanding credit card rates, securing loans, financial investing and planning, purchasing a home or other real estate; shopping for the best prices in everyday purchases; and discerning fact from fiction in the media. Turning high school math into something that is actually meaningful and useful.

The organization for Economic Corporation and Development, DECD, states

that only 4% of adults use advanced math at least once a week. What about the other 96% of adults who don't?

High school students become adults. Support is needed to help them become confident and successful adults. An appropriate high school math curriculum that teaches logic, critical thinking and analytical skills in a meaningful way will certainly help students after graduation in job market and post high school education choices, life skills and a more satisfying life.

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Quincy

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# Marie D'Olimpio's Final Recipes For Publication

**Editor's Note:** Marie D'Olimpio took great pride in providing an array of recipes for Quincy Sun readers to enjoy for many years. Below are the last batch of her recipes that she sent for publication before she passed away Sept. 29. We are printing all of them in her memory.

## Crepes with Cherry Tomato & Cheese Filling Also Known as Crispas

Over the years, I have always made crepes and stuffed them with various fillings. There are many ways to make crepes but I like this recipe because it has only three ingredients. For today's recipe the crepe filling is with tomato sauce, cherry tomatoes and cheese.

Preheat oven to 350 degrees; line a cookie sheet with parchment paper

### Ingredients for Crepes:

- 1 cup flour
- 2 eggs
- 1 cup of water

Mix all the ingredients together until smooth. Heat a small frying pan (about 6 inches) until hot. With a pastry brush, brush oil on a pan and wait until it is hot. Measure a quarter cup or so of the mixture and spread it around with a spoon until the pan is covered with the liquid. Do not turn. In about a minute it is done and slips out of the pan with a spatula. Line crepes up on waxed paper until all of them are cooked and then fill with the following:

### Ingredients for Crepe Filling:

- 1 container of Cherry tomatoes, cut up
- ½ teaspoon of fresh basil, chopped
- 2 cups tomato sauce (approximately)
- Salt and pepper to taste
- Garlic and onion powder, sprinkled to taste.
- 1 package of mozzarella cheese or any favorite shredded cheese

In a bowl, place the cut up tomatoes, fresh chopped basil, salt and pepper, garlic and onion powder and mix well. After crepes are done, and the oven is preheated to 350 degrees. Put about a tablespoon of tomato sauce on top of the crepe, then layer the tomato mixture onto the crepe and then sprinkle with mozzarella cheese or any favorite cheese. Once filling is in place, fold the crepe and place on the prepared cookie sheet and bake at 350 degrees until the cheese melts.

## Basic Pumpkin Bread Recipe

This recipe for pumpkin bread is really great because the batter makes two loaves. Since that is the case, when we made this bread, we split the batter into two bowls. In one bowl, we added 1 and ¼ cups of raisins, in the second bowl we added a package of milk chocolate morsels (but if you like semi-sweet chocolate morsels, that could be delicious too!)

### Ingredients and Directions:

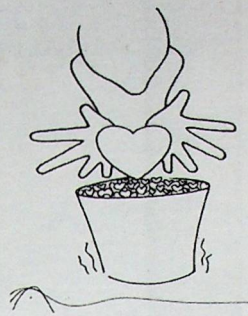
Preheat the oven to 350 degrees, grease two loaf pans with vegetable oil or olive oil – whichever you have on hand.

- 3 and ½ cups of all-purpose flour
- 3 cups of sugar
- 1 cup of vegetable oil
- 4 eggs, beaten
- 1 can of pumpkin (approximately 15 ounces)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¾ teaspoon salt
- 2 teaspoons of cinnamon
- 1 teaspoon of nutmeg
- ½ teaspoon cloves (optional)
- ½ teaspoons allspice or pumpkin pie spice
- ½ cup of water

In a large bowl, combine the sugar, eggs, oil and once well-blended add the pumpkin and mix well. In another bowl, combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, allspice (or pumpkin pie spice) and cloves (if you are using cloves) once well combined, add to the wet ingredients, then add the water and mix well until smooth.

If you are making these breads without raisins and/or chocolate morsels, simply pour the batter into two well-greased loaf pans and bake for approximately 65 minutes. Make sure the toothpick comes out clean before removing from the oven.

If you have decided to split the batter into two bowls – to one bowl add the raisins and mix well, to the second bowl add the chocolate morsels and mix well. (Or make two breads with raisins or two with chocolate morsels – your choice.) Bake at 350-degrees for about 65 minutes. Cool



in pans about 20 minutes before removing from the loaf pan.

## Lemon Squares

This recipe for lemon squares is quick and easy and a delightful treat. This recipe makes a small batch, so if you want a larger amount, simply double the ingredients and use two baking pans.

### Ingredients and Directions

Preheat oven to 350 degrees, grease a 9 x 9 square baking pan

### For the Bottom Layer:

- 1 stick of butter (softened)
- 1 cup of flour
- ¼ cup confectioners' sugar

In a bowl, mix the flour, confectioners' sugar and mix well. Then blend in the butter until the mixture is crumbly. Pat the mixture into the greased 9-inch square pan and bake for 15 minutes at 350 degrees.

### For the Filling:

- 2 eggs, lightly beaten
- 1 cup of granulated sugar
- 2 tablespoons all-purpose flour
- 2 tablespoons fresh lemon juice
- 2 teaspoons fresh lemon rind

In a bowl, mix all of the filling ingredients together and set aside until the bottom layer of the squares are all baked and removed from the oven. When the bottom layer is done and the filling is prepared, then pour the filling mixture over the bottom layer. Bake for about 25 minutes at 350-degrees. Remove from the oven. Cool for about 15 minutes and then sprinkle top with confectioners' sugar. Wait until completely cooled before cutting into squares.

## Almost Apple Pie

The Fall season is upon us and apples are abundant. My niece, Jean, and I were reminiscing about a recipe that she used to call "Almost Apple Pie." She has been baking this recipe since the 1990's and has passed it along to family and friends over the years. It's pretty simple and really very flavorful! Try it and see!

Preheat the oven to 325 degrees. Grease a pie plate or 10-inch cake pan with vegetable oil.

### Directions and Ingredients:

### For the bottom layer:

- 6 medium apples, washed, peeled and sliced
- 2 teaspoons of cinnamon
- ½ teaspoon apple pie spice or nutmeg

Mix these ingredients well and place on the bottom of a well-greased pie plate or cake pan.

### For the Batter:

To a mixing bowl add:

- ¾ cup of 2% milk (whole milk works well too)
- 2 tablespoons of melted butter
- 2 eggs, well beaten
- 1 cup of granulated sugar
- ½ cup of Bisquick

Mix those ingredients together and blend well and then pour over the apples.

### For the Crumble Top:

- 1 cup of Bisquick
- ¾ cup light brown sugar (packed)
- ½ cup walnuts (Optional) or ½ cup raisins
- 3 tablespoons butter, melted.

Mix all of these ingredients well and sprinkle on top of batter.

Bake in the preheated oven at 325 degrees for one hour. Do not cover. Check for doneness with a toothpick or fork. This Almost Apple pie is delicious with ice cream or whipped cream.

## Zucchini Crisps

Today's recipe for zucchini crisps is a bit different from the usual zucchini fritters. This is because when we make fritters we grate the zucchini; however, for today's recipe,

we slice the zucchini. Once sliced, the zucchini is breaded and the result is a tasty, crispy snack which can also be used as a side dish.

### Recipe:

- 2 zucchinis rinsed well and sliced ¼ inch thick, set aside
- 2 eggs, well beaten
- ½ cup flour
- ½ cup vegetable oil for the sauté
- 1 cup of panko bread crumbs (or you can use corn-flake crumbs or flavored bread crumbs instead)
- ½ cup parmesan cheese

Add the parmesan cheese to the flour and blend well. Slice the zucchini and dip into the cheese and flour mixture. Then dip the zucchini into the beaten eggs and then the bread crumbs. In a large skillet, heat the oil and brown the zucchini on each side. Drain on a paper towel.

## Peanut Butter Raisin Cookies

There is just something about peanut butter cookies. In today's recipe you can add 1 cup of raisins to the batter or 1 cup of chocolate chips. Or you can add ½ cup of raisins along with ½ cup of chocolate chips. Whatever combination of raisins or chocolate chips that you decide to use, you will find these cookies very tasty.

Preheat the oven to 375 degrees and prepare a cookie sheet by greasing well.

### Directions and Ingredients:

- 1 and ½ cups all-purpose flour
- 1 cup of light brown sugar (packed)
- 1 cup granulated sugar
- ¾ cups of butter, softened
- 1 cup of creamy peanut butter (or you can use chunk-style)
- 2 large eggs
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup of raisins or 1 package of chocolate morsels

In a large bowl and with an electric mixer, cream together the light brown sugar along with the granulated sugar and mix well. Then add the peanut butter, eggs and vanilla and butter and mix until well blended. In a separate bowl add the flour, baking powder and salt, mix until combined. Once well blended combine the ingredients from both bowls together and mix until smooth. Then, by hand, add in the raisins or chocolate morsels. Using a teaspoon or tablespoon take out some batter and roll into balls, filling the cookie sheet. Place them on the cookie sheet about 2 inches apart. Bake for about 15 – 17 minutes or until edges are slightly browned.

## Jean's Easy Crabmeat Dip Recipe

My niece, Jean, shared this easy and simple Crabmeat Dip recipe. She said it's great for parties and watching football games with family and friends.

### Directions and Ingredients:

- 1 cup of sour cream
- 1 tablespoon dried parsley (or fresh chopped)
- 1/8 teaspoon onion powder (you can use less)
- 1/8 teaspoon garlic powder (you can use less)
- A sprinkle of pepper to taste
- ¼ pound cooked crabmeat, finely chopped.

In a bowl, mix all of the ingredients together until well blended. Serve with favorite chips, crackers, pretzels or fresh vegetables, such as celery sticks, carrots sticks or sliced cucumber.

## Crispy Cereal Treats With Milk Chocolate and White Chocolate Morsels

With everyone back to school, if you are sending lunch and snacks, this fun treat is a very nice addition to a lunch box or bag.

Prepare a 9 x 13 pan, lightly greasing with butter.

### Directions and Ingredients:

- ½ cup of butter, (1 stick) melted
- 4 cups of miniature marshmallows
- 5 cups of crispy rice cereal (we used Rice Krispies)
- ¼ cup chocolate morsels
- ¼ cup white chocolate morsels

In a large saucepan, on low heat, melt the butter and stir in the marshmallows. When the marshmallows are melted and well blended with the butter, turn off heat. Then stir in the cereal, one cup at a time, mixing well after each addition. After cereal has been added, blend in all of the chocolate and white chocolate morsels. With a buttered tablespoon or spatula, press the mixture into the prepared 9 x 13 pan. Let completely cool before cutting into squares.



# Social

## Movie Review: 'The Wild Robot'

By **BOB GARVER**

For better or worse, early fall is certainly the time for animated robot movies. Fortunately, we got the "worse" out of the way two weeks ago with "Transformers One." Now we can sit back and enjoy the "better" with "The Wild Robot." Many people did indeed sit back and enjoy this movie, as the theater at my screening was more crowded than usual. The added cheering and laughter made the experience all the more endearing, and it was heartwarming to think of all the families bonding over their shared love of this movie.

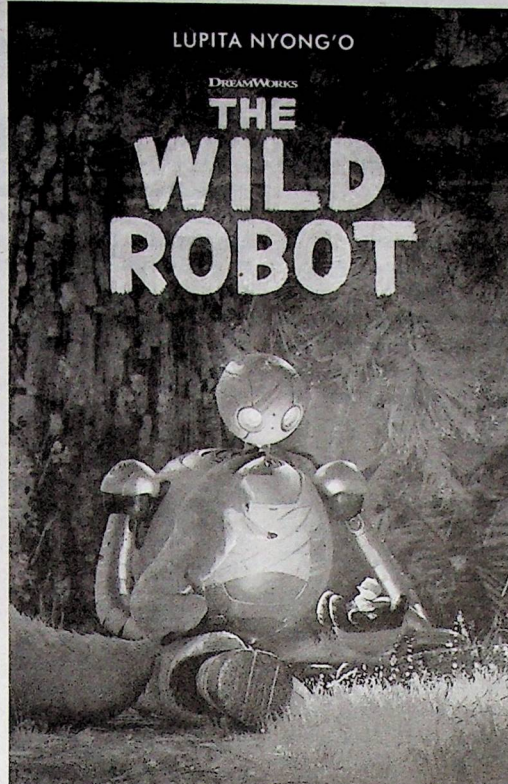
Lupita Nyong'o stars as Roz, a robot programmed to help with tasks on a distant space colony. Something goes wrong with the delivery, and she winds up stranded on an island on Earth. Eager to help, but unable to find any humans to give her orders, she instead looks to the local animal population. She even takes the time to learn how animals communicate, to the point where she can filter their various squeaks, squawks, and other utterances into English in real time. And that's how this becomes a talking animal movie.

Roz is eager to help, but the animals don't necessarily want her help. Okay, they "decidedly" don't want

her help. At first, they're all afraid of her, given that she's gigantic, made of metal, dangerously confused, and relatively clumsy (she moves nimbly for a robot of her size, but isn't built for the unpredictability of nature). Then they fight against her, knocking her down and stripping her of gears and features. She's even attacked by her closest physical match, a bear named Thorn (Mark Hamill), who knocks down a cliff, causing her to crush a bird's nest.

Roz sees that a single egg has survived, and the life-form inside must be protected. She saves it from getting eaten by a fox named Fink (Pedro Pascal) by launching the predator into a porcupine, though she instinctively helps him remove quills afterward. The egg hatches, and the gosling, named Brightbill, doesn't see why Roz can't be mother material. Roz is prepared to be a helper, but not a primary caregiver. In other words, she doesn't have any programming that makes her fit to be a mother. "No one does," says opossum Pinktail (Catherine O'Hara), who becomes her mentor.

The rest of the movie is Roz trying to raise Brightbill (Kit Connor) as best as she can, knowing that she'll have to teach him to



swim, then fly, then leave for months on migration. The other geese tease him for coming from an unnatural family, but leader Longneck (Bill Nighy) sees that he only lives to help others, just like his adoptive mother. The migration makes for an adventure unto itself, as does Roz and the rest of the forest trying to make it through an unexpectedly harsh winter. On top of all that, Roz still recognizes an obligation to try to get to the human colony, and tracking robot Vontra (Stephanie Hsu) could arrive at any time. That the last matter probably should have been saved for a sequel is my only real gripe with the movie.

"The Wild Robot" came to theaters riding the single biggest wave of critical praise I've seen all year. The

quantity of praise is well-deserved, as I can't imagine anybody disliking this movie, but it might make it a tad vulnerable to expectations. I consider it "among" the best movies of the year, but I was never quite ready to hand it the top spot (still "Dune: Part Two," by the way). Still, my heart melted at several points, whether it was from cuteness (the opossum family), sadness (the straining of the Roz/Brightbill relationship), or the sheer amount of love on display. By all means take the family to see this movie, turn it into a success, and encourage Hollywood to make more movies with this much heart.

Grade: B

"The Wild Robot" is rated PG for action/peril and thematic elements. Its running time is 101 minutes.

Suzie's  
Kitchen  
by  
Suzie Falco



## String Bean Fritters And Caponata

Here are two of my mom's favorite recipes that she made quite often.

When the word "antipasto" is translated. It means before the meal and usually it is an assortment of cold meats, olives, peppers, or whatever else when chooses to add to it.

It's a great addition to an antipasto that can be made ahead of time and it's delicious hot, warm and even cold. Here is a basic recipe for string bean fritters.

One can of string beans, drained and mashed with a fork

1/2 cup grated Romano cheese

one egg

1/2 cup milk

3/4 of a cup of flour and salt and pepper

In a mixing bowl combine egg, flour, milk, cheese, salt, and pepper and mix add string beans and mix again it's sort of like a pancake mix. In a frying pan heat olive oil until hot and drop teaspoonfuls of the mixture in circles and cook on both sides until browned. Place on paper towel and set aside.

You can also substitute a small zucchini that is shredded, which you need to get much of the water out by squeezing through a tea towel or a colander.

Enjoy!

### Caponata Recipe

There is a marvelous tasting appetizer called Caponata, which is a combination of eggplant and several other vegetables. It is served cold and is even great on sandwiches.

One large eggplant, peeled and cut into 1 inch cubes

One medium onion, chopped

One large zucchini cut in small pieces

One large canned tomatoes

2 cups chopped celery

A quarter of a pound of fresh mushroom sliced

One small can pitted black olives

2 cloves garlic minced

A teaspoon of basil

A half a teaspoon of oregano

A quarter of a cup of white wine

In a frying pan heat the olive oil and sauté then add in the garlic.

Add in the eggplant and zucchini and cook for about 10 to 15 minutes.

Add the tomatoes and the remaining ingredients, except for the olives. Simmer for about 20 minutes or until all vegetables are tender.

Put mixture into a large bowl. Add the olives.

Season to taste with salt and pepper if needed.

Cover and refrigerate until chilled.

This is even better the next day.

## QFD Prevention Week Open House Saturday At St. Mary's School

The Quincy Fire Department will be once again hosting its Fire Prevention Week Open House. This year's event will be held on Saturday, Oct. 12th from 10 a.m. to 1 p.m. at St. Mary's School parking lot, 121 Crescent St.

This year's Fire Prevention Week theme is SMOKE ALARMS: MAKE THEM WORK FOR YOU!

The Quincy Fire Department invites all residents of all ages to come and learn about fire prevention and other fire and life safety is-

ssues. There will be coloring books, toy helmets and stickers for the kids as well as valuable fire and life safety literature covering a variety of topics.

Visitors can watch the Jaws of Life in action as firefighters cut up a car and kids can flow water from the engine truck. Sparky the Fire Dog will be there as well.

Pizza and bottled water will be provided.

This will be a fun and educational event for the residents of Quincy.

## SENIOR HOUSING STUDIO AND ONE BEDROOM APARTMENTS

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# Remembering Marie D'Olimpio

Cont'd From Page 4

In February, 2009, she asked me if she could expand her column to include offerings from her daughter, Suzie. I said sure — let's add some family flavor — her many fans will love them both.

Now Marie was a seasoned journalist. She had good reporting skills and was a stickler for grammar, punctuation and spelling.

One week the dual column appeared and I had inadvertently spelled Suzie's name wrong. I spelled it with a second "s" instead of a "z."

Soon enough the phone rang and it was Marie looking for me.

"Bob, you misspelled Suzie's name."

I said "isn't it S-U-S-I-E?"

"No" she confidently replied. "It's spelled with a 'z.' I should know — I'm her mother."

I laughed and apologized in the same breath.

"Sorry Marie — won't happen again and of course thank you for telling me." She appreciated that and we both had a nice laugh.

Ahhh Marie and her phone calls. They were like clock-work. Every seven or eight weeks she phoned the office looking for me.

She'd ask "Hi Bob — how are you doing with the recipes?"

I'd check how many I had left before I ran out and gave her an approximate deadline for the next batch.

"Ok, will do," she'd say. "Paper looks great. Take care."

And soon enough those recipes rolled into my inbox — usually well ahead of whatever deadline I gave her. In recent years, one of her nieces, Ann Moran, assisted with sending the recipes. (Thank you, Ann!)

A few weeks ago Marie penned another assortment of recipes. She passed away a little more than a week later.

We have decided to print all of those recipes in her memory because I am sure Marie would have wanted Sun readers to see them and hopefully use them. That was Marie: selfless and always willing to help us. They appear on Page 6 this week.

We are also grateful for Suzie who will continue the food column. "Suzie's Kitchen" debuts this week on Page 7.

Marie D'Olimpio was every kind of cherished characteristic you would want in a person. She was dedicated, devoted, kind, loyal, hard-working, tireless, unselfish. Truly one of those folks who make the world a better place.

After Henry passed

## Marie's Kitchen

BY MARIE D'OLIMPIO



MARIE D'OLIMPIO'S "Marie's Kitchen" food recipe column appeared in The Quincy Sun for nearly 40 years. In recent years the column was a family affair featuring recipes from Marie and her daughter, Suzie Falco. Suzie intends to keep the recipe column going in The Sun.

away, Marie fondly remembered her friend and boss with a personal reflection.

She wrote:

"To Henry I was 'Marie from Sunny Italy' as he would say oftentimes when he entered the office. Or he would sing a line from the song, 'Marie the Dawn is Breaking.'

"Henry was never a demanding boss, but one to please by your writing and performing duties on a weekly basis. I would often walk into his office when he arrived and talk to him about any interesting news that might have happened over the weekend, or about our swimming pools and the

problems we both were having with them.

"Last year (2008) he decided to cover his pool and plant grass. Just last week after the practically daily snowstorms, I said to him: 'bet you're glad you got rid of your pool.' He agreed."

Marie also noted Henry's kindness after she lost her beloved husband, Jim, and grandson Robert "Bo" Craig III.

"Henry would always inquire as to how I and my family were getting along. He was always so caring."

Henry was very fond of Marie's late brother, Pete Ricciuti, former Quincy Public Works commissioner.

"Pete passed away in

1999 and when I returned to work Henry handed me a check. I looked at him with a puzzled look. He looked up and said, 'You would have been here.' I have never forgotten that kindness."

Marie finished her tribute with words I think sum up how all of us here at the Sun feel about her.

"That's the kind of gentleman Henry was. The office will never be the same without him."

We all feel the same way about you, Marie — a beautiful lady in every sense of the word who brightened everything around her.

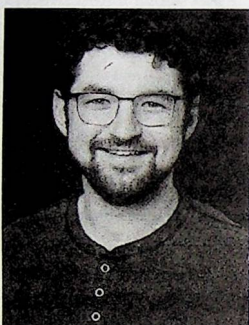
Thank you for all you did for us over these many years.

We will never forget you.

## Quincy Native Conducts At Ogunquit Playhouse

Quincy native Luke Molloy will take over as music director and conductor for the world premiere musical, *My Best Friend's Wedding*, beginning Oct. 10th through the end of its run on Oct. 27th. Molloy has been the associate music director for the production, the finale of the Maine theater's 92nd season, since it opened on Sept. 28th.

Fiery food critic Julianne Potter has always turned her nose up at romance, which is why she broke up with her longtime boyfriend Michael. All that changes when



LUKE MOLLOY

he announces his engagement and Julianne vows to win him back. But with his perfectly lovely fiancée Kimmy in the way, it's not as easy as she thought.

Can Julianne possibly bring herself to derail her best friend's wedding? Based on the wickedly funny romantic comedy, this world premiere musical features iconic pop anthems by Burt Bacharach and Hal David, including "I'll Never Fall in Love Again," "Walk on By," "Say a Little Prayer," and "What's New Pussycat."

Directed and choreographed by three-time Tony Award winner Kathleen Marshall (Anything Goes, The Pajama Game, On the Town), the cast features Krystal Joy Brown (Hamil-

ton, Merrily We Roll Along) as Julianne and Matt Doyle (Tony winner for *Company*) as Michael, with Telly Leung (*Aladdin*) as George and Lianah Sta. Ana (*Miss Saigon*) as Kimmy.

Molloy is a 2019 graduate of North Quincy High School and a 2023 graduate of Berklee College of Music, where he studied professional music and theater music direction. He currently resides in New York City.

Tickets are available at <https://www.ogunquitplayhouse.org/2024-my-best-friends-wedding>.

## Harry Potter Extravaganza Oct. 26 At Quincy Community United Methodist Church

On Saturday, Oct. 26, Quincy Community United Methodist Church, located at 40 Beale Street in Quincy will hold its 20th annual Harry Potter Extravaganza.

This is a Halloween event for the entire family.

Participate in a Sorting Ceremony, visit Diagon Alley, receive your wand, attend magic classes, meet your favorite magical teachers and staff, and train for a magical tournament. It will be a day filled with fun and excitement.

This is the longest running Harry Potter event in the area, and it sells out very early.

The church encourages reservations ASAP. Reservations made by Oct. 18 will receive a discount: \$30 for a family of 4; \$10 for an individual. After Oct. 18th, the cost is \$35 for a family of four and \$15 per individual. Children 4 and under are free; all children must be accompanied by an adult. To make reservations, call or text 781 267 0892 or email [hogwartsparty@yahoo.com](mailto:hogwartsparty@yahoo.com).

Please note that reservations are required. Payment is due by Oct. 23rd; otherwise the church cannot guarantee entry to the event. Mail your check to Quincy Community United Methodist Church, 40 Beale St., Quincy, MA 02170; please write Harry Potter Event in the memo line.

Webpage: <https://sites.google.com/site/qcumc77/quincy-community-united-methodist-church-qcumc/harry-potter-extravaganza>

Facebook: <https://www.facebook.com/HogwartsQuincy>

Twitter: #HogwartsParty@HogwartsQuincy

Instagram: #Hogwartsquincy

Email: [Hogwartsparty@yahoo.com](mailto:Hogwartsparty@yahoo.com)

Call/text: 781-267-0892.

## Service Academy Info Session Oct. 20

Cong. Stephen F. Lynch (MA-08) will host an information session On Sunday, Oct. 20th from 10 a.m. to 12 noon at East Middle School in Braintree for all high school students interested in applying to one of the United States Service Academies. All students and their families are welcome to attend.

The middle school is located at 305 River St., Braintree.

Representatives from each of the following academies will make brief presentations and be available for questions:

United States Military Academy at West Point, NY

United States Naval Academy at Annapolis, MD

United States Air Force Academy at Colorado Springs, CO

United States Merchant Marine Academy at Kings Point, NY

United States Coast Guard Academy at New London, CT

Massachusetts Maritime Academy at Buzzards Bay, MA.

## BBB: False Advertising, Price Gouging Is Unfair, Illegal

By PAULA FLEMING  
Better Business Bureau

People often find that the cost of high-demand items skyrockets during popular events or emergencies, such as ice storms, severe cold snaps, power outages, hurricanes, floods or other types of disasters. Better Business Bureau often receives reports about the frequency of scams involving sought-after items, such as high prices on gas, water, or hotel rooms after a natural disaster or during a popular event. Some state attorneys general offices have initiated state price-gouging laws, which automatically go into effect during a declared state of emergency to prevent businesses from over-charging customers.

Price gouging is a term referring to when a seller spikes the prices of goods, services, or commodities to a level much higher than is considered reasonable or fair and is considered exploitative, potentially to an unethical extent. The best way to avoid price gouging is to plan ahead and have the necessary supplies you need before a disaster, if possible.

BBB warns businesses to avoid the temptation to raise prices during popular events or a situation such as a storm or a pandemic because it may be illegal to do so in certain states and because it erodes marketplace trust. People will remember which businesses took advantage of them.

Anyone who suspects price gouging during a declared state of emergency should report it to Better Business Bureau by filing a complaint, or go to BBB Ad Truth. Consumers can report these activities to the state attorney general's office. When reporting a price gouging complaint, gather as much information as safely possible and follow these three tips:

**Be as specific about the transaction as possible**, including the name and address of the business, names of any employees involved, and information detailing the spike in pricing.

**Gather documentation** supporting the price gouging (receipts, photos of products and their advertised pricing, invoices, etc.)

**Compare pricing** of similar products with other sellers in the area and online. It's important to note similarities and differences between brands, size/quantity, manufacturers, model numbers, and prices.

**Check your state's laws.** Price gouging laws vary by state. Consumers should first check their state's specific regulations to understand if an increase qualifies as price gouging. Some states may have specific thresholds for what constitutes illegal price hikes.

**Report to federal agencies.** For price gouging related to essential goods during emergencies, the Federal Trade Commission (FTC) or the Department of Justice may investigate. Provide the appropriate links.

**Spread awareness.** Share your experiences on social media (without violating platform terms) to raise awareness.

## Boston Tech Class of 1974 50th Reunion Nov. 2

Boston Technical High School, Class of 1974, will hold its 50 year reunion Saturday, Nov. 2 from 6 to 10 p.m. at the Common Market Restaurant, 97 Willard St., Quincy.

Cocktail hour (cash bar) begins at 6 p.m. followed by a buffet dinner at 7 p.m.

Cost is \$65 per person. Checks should be made out to Boston Tech 1974 Reunion and mailed to Boston Tech 50th Reunion, c/o William McDonough, 34 G St., South Boston, MA 02127. Venmo: @James-Alred. Please note: Reunion fee, name and email.



# Friends Of Blue Hills Annual Celebration Oct. 15 At NE Base Camp

The Friends of the Blue Hills will hold its annual celebration Tuesday, Oct. 15 from 7 to 9 p.m. at New England Base Camp, 411 Uniquity Rd., Milton.

This year's event theme is "Friends Helping Friends." The Friends of the Blue Hills (FBH) is a non-profit organization that has been protecting and preserving the Blue Hills Reservation since 1979.

The public is invited to attend the event.

As friends mix and mingle, there will be fun fundraising opportunities to help support efforts to care for the park. Attendees will enjoy food and drink from Norwood caterer Off the Vine as well as delicious pastries donated by Konditer Meister in Braintree.

In addition to the hot hors d'oeuvres and cash bar, people can bid on enticing items and experiences on offer in the online auction, find out firsthand which submissions

(out of 130+) won the coveted 2024 Photo Contest, applaud the efforts of special honorees and purchase last-minute tickets for the ever-popular dinner raffle to win a catered meal for 6 atop the Blue Hills Observatory. This year's restaurant partner is prestigious Northern Spy, located in Canton's Paul Revere Heritage site.

This year's event guest speaker will be Mardi Fuller, a seasoned explorer of

the great outdoors. A Boston resident, Blue Hills hiker, and lifelong backcountry adventurer, she is the first known Black person to hike all 48 of New Hampshire's high peaks in winter. She advocates for racial equity through writing, speaking, and community building while serving on the board of the Appalachian Club and writing for Outside Magazine, SKI Magazine, and the NRDC.

The Blue Hills Hiking Club (BHHC) is the 2024 community partner honoree, often called the most active hiking club in the Blue Hills. Over 6,600 members strong, the BHHC is blessed with hike leaders who provide nearly daily hikes—and sometimes multiple hikes a day—for varying abilities and interests. The BHHC prides itself on building and reinforcing a strong respect for the Blue Hills and the

safety of all while providing a pleasant and healthy experience for its members. This is a mission that FBH applauds wholeheartedly.

Event tickets are \$60 per person up to the day of the event. Dinner raffle tickets are \$20 each or 3 for \$50.

Details and tickets for this event may be found online:

<https://friendsofthebluehills.org/2024-annual-celebration/>.

## Social Security Matters

### Will My Wife's Survivor Benefit Less If She Claimed Her Social Security Early?

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

**Dear Rusty:** I claimed Social Security at 70. My wife claimed her own SS at 62, and her earnings were significantly lower than mine. I understand my wife will be eligible to claim my benefit if I pass before she does, but will Social Security reduce that benefit because she didn't wait until age 65 to claim hers? **Signed: Concerned Husband**

**Dear Concerned:** Your wife's benefit as your surviving spouse will be based on two things:

- Her age when she claims her survivor benefit,
- The amount you were receiving at your death.

If she has reached her own Full Retirement Age (FRA) when she claims her surviving spouse benefit, she will get 100% of the amount you were receiving when you died (instead of her own smaller SS retirement amount). However, if she claims her survivor benefit at any time before her full retirement age, it will be reduced for claiming the survivor benefit early.

Thus, when your wife claimed her own Social Security retirement benefit (in her case, age 62) doesn't matter and doesn't affect her potential surviving spouse benefit - what matters is her age when she claims her survivor benefit. If she claims before reaching her own FRA, her survivor benefit will be reduced according to the number of months before her FRA that the survivor benefit is claimed. That reduction would be about 4.75% for each year earlier than her FRA she claims it. But if she claims her surviving spouse benefit at or after she reaches her full retirement age, she will get the amount you were receiving at your death, instead of her own smaller age 62 Social Security retirement benefit amount. FYI, your wife's full retirement age is somewhere between 66 and 67, depending on the year she was born (born in 1960 or later, her FRA is age 67).

And, just for clarity, your wife's payment as your surviving spouse will consist of her own SS retirement benefit plus an auxiliary amount to bring her monthly payment up to what she is entitled to as your surviving spouse.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.*

To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org).

## Saint Agatha School High School Fair Oct. 15

Saint Agatha School will hold a High School Fair Tuesday, Oct. 15 from 6 to 7 p.m. at the school gym, 440 Adams St., Milton.

The fair is an opportunity for students and families to connect with representatives from various high schools in the area.

This year's fair will feature representatives from

the following high schools (as of 9/26/24):

Archbishop Williams High School, Boston College High School, Boston Trinity Academy, Catholic Memorial, Cristo Rey Boston High School, Montrose School, Newton Country Day School, Thayer Academy, Xaverian Brothers High School, The Wood-

ward School and Ursuline Academy.

Families are encouraged to attend and explore the educational opportunities available. More schools will be added to this list.

Register Online: High School Fair Registration, <https://stagatha.org/high-school-fair>.

## Quincy PFLAG Hosting Day Of Art, Film Oct. 26

PFLAG in Quincy is hosting a day of art and film on Saturday, Oct 26, from 1 to 4 p.m. at the Thomas Crane Public Library, Washington St., Quincy Center.

The theme is "The Art of Belonging" and will feature "As One" and "Wild About Harry" with a special guest appearances by film producer James Egan, author Dan Perdios, and a display of visual art by LGBTQ+ artists.

The event will celebrate the creativity and diversity of the LGBTQ+ community.

PFLAG welcomes submission of art by contacting [quincysupport@gbpflag.org](mailto:quincysupport@gbpflag.org)

The City of Quincy is home to the city's first PFLAG chapter in partnership with Quincy's LGBTQ+ Commission and QPride. PFLAG organizations create a caring, just, and affirming world for LGBTQ+ people and those who love them. "Leading with Love"

Co-chair people Jim and Patty Mortimer invite all who are interested in joining the Quincy PFLAG Chapter or those guests looking to attend the monthly meetings, tradi-

tionally held in Quincy center, to email them at [quincysupport@gbpflag.org](mailto:quincysupport@gbpflag.org) for additional information.

PFLAG support groups are safe and welcoming spaces where you can meet with other community members with LGBTQ+ people in their lives, including families whose children have come out to them, friends, and significant others, or those who are interested in learning how to become a better ally to LGBTQ+ people.

Trained volunteers run the group, most of whom are parents, and are filled with people who can offer support, answer questions, and link you to resources. The meetings are free of charge to attend and all information you share is confidential.

Quincy Pride is a 501(c)(3) organization.

For information on programming and related LGBTQ+ events, connect with us on: [facebook.com/QPrideDay](https://facebook.com/QPrideDay) or [www.quincypride.com](http://www.quincypride.com).

For information on Quincy's LGBTQ+ Commission visit [www.quincyma.gov/govt/depts/boardcom/lgbtq\\_commission/default.htm](http://www.quincyma.gov/govt/depts/boardcom/lgbtq_commission/default.htm).

## Roche Bros. Recognized As Mass Save Climate Leader

Roche Bros. has been recognized as a 2024 Mass Save Climate Leader for their outstanding energy-efficient upgrades. The recognition was granted to 19 Massachusetts organizations that have demonstrated long-term commitments to reducing energy consumption and carbon emissions with the support and incentives the Mass Save program offers.

Roche Bros. was nominated for having completed multiple projects at six locations, including Bridgewater, North Easton, Quincy, Sudbury, Watertown, and Westborough. Those projects have improved the efficiency of their refrigeration and HVAC systems as a result of new controls and installation of heat pumps.

The upgrades are expected to result in significant savings of over 50,000 therms of gas and nearly 1,000 megawatt hours of electricity, along with a reduction of almost 300 tons of CO2 emissions.

The 2024 Mass Save

Climate Leaders represent a range of industries and sectors including museums, grocery, education, healthcare, hospitality, municipalities, and more. Each honoree has shown a deep commitment to addressing the climate crisis by taking significant measures toward a sustainable future through

energy efficient upgrades.

"Each 2024 Mass Save Climate Leader has demonstrated how Massachusetts is paving the way toward decarbonization and a net zero future," said Tilak Subrahmanian, Vice President of Energy Efficiency and Electric Mobility at Eversource. "The Sponsors

of Mass Save are proud to recognize the commitment shown by this year's winners to achieving their climate and energy efficiency goals. We will continue to match the dedication of these leaders in sustainability as we collectively strive towards a decarbonized future."

## CALL FOR LGBTQ+ ARTISTS

The Quincy chapter of GBPFLAG is holding an ArtsFest on October 26 at Thomas Crane Library from 1pm-4pm! There will be two film screenings, a speaker, and we're looking for art to display from the community. Any form of art from anyone is welcome! We do have a theme, but we encourage you to use it as more of a suggestion.

### Theme: Art of Belonging

Drop off will be at Thomas Crane Public Library parking lot on October 19th, 10 am-12 pm

If you can't make the drop off time, please email

[quincysupport@gbpflag.org](mailto:quincysupport@gbpflag.org)

Please mount 2D pieces on a black background to be ready for display.

To submit your art, please fill out this form:

[https://docs.google.com/forms/d/e/1FAIpQLSfUakZhhFhTmSaa0j2QmBba\\_hk6lxrvmsocgHOrCJj31Jy/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfUakZhhFhTmSaa0j2QmBba_hk6lxrvmsocgHOrCJj31Jy/viewform?usp=sf_link)





# Real Estate

## Quincy Real Estate Transactions September 30 - October 4

Transactions are compiled by the Norfolk County Registry of Deeds

### SELLER

Robert Bishop & Eugenia Fleury  
Alena Marozava  
Colin & Kristen Hill  
Daniel & Cheryl Camardo &  
Susanne & Eric Swayhoeover  
31 Linden Place LLC  
Dorcas Wong  
Amy Mak  
Steven Baylis  
John & Jane Aiello  
Edward & Pamela Campbell  
Peter Panarelli  
Steven Windwer  
Lan Ma & Shichun  
Ralph Voller  
Ashyka Wiggins  
Kim-Tung & Jing Fang Sit  
Lionsgate Properties LLC  
Nicholas & Leah Ashton  
JFCD1 LLC

### BUYER

Lionsgate Properties LLC  
Branda & Brandon Lu  
Steven Evancho & Kara Lydon  
  
Yu Shao  
Thuy Nguyen  
NCL Cronin LLC  
Huipeng Lei  
Thomas Koch Jr. & Cornelius Koch  
Tyler Etzkorn  
Khuong , Anh & Tai Truong & Phuong & Cam Nguyen  
Riad & Mohammed Alkhatib  
M-M2 Holdings LLC  
Hsinyueh Cheng & Hans Chiang  
Geoffroy Leo  
Morad Bouzidi & Desislava Mihaylova  
Yuzhen Yu & Zhongbin Zhen  
22 Sunnypain LLC  
Irene Cheung  
Yingyi Li & Zhiquan Jiang

### AMOUNT

\$337,250  
\$460,000  
\$985,000  
  
\$410,000  
\$755,000  
\$358,000  
\$363,000  
\$950,000  
\$685,000  
\$730,000  
\$650,000  
\$909,395  
\$745,000  
\$600,000  
\$805,000  
\$735,000  
\$455,000  
\$330,000  
\$742,000

### ADDRESS

73 Scotch Pond Place  
196 Quincy Shore Drive  
59 Virginia Road  
  
179 President's Lane  
339 Quarry Street  
919 Hancock Street  
195 Independence Avenue  
929 Southern Artery  
29 Emerald Street  
39 Bower Road  
33 Summer Street  
111 Willard Street  
85 Myrtle Street  
345 Franklin Street  
1316 Quincy Shore Drive  
11 George Road  
73 Scotch Pond Place  
133 Commander Shea Boulevard  
199-201 Copeland Street

## Lower Mortgage Interest Rates Drive Increased Lending Activity

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings for the month of September 2024 indicate an increase in overall real estate activity, with increases in the total number of deeds and mortgages recorded as compared to September 2023.

The Registry of Deeds recorded 8,605 documents in September 2024. This was six percent more than in September 2023, and an eight percent decrease compared to August 2024.

"The rise in real estate activity in September 2024 compared to September 2023 can be attributed to a significant increase in the number of mortgages recorded this month," O'Donnell noted. "Likely due to the availability of mortgages at interest rates, according to the Federal Home Loan Mortgage Corporation, not seen since

September 2022."

In September, lending activity increased compared to the same month a year ago. A total of 1,331 mortgages were recorded in September 2024, up 13 percent from September 2023 and down eight percent from the previous month.

"The positive trend in the number of mortgages recorded compared to last year is a sign that the recent drop in mortgage interest rates has made borrowing more attractive for potential homebuyers and borrowers, especially considering that this time last year we were seeing 31 percent fewer deeds year over year," O'Donnell said. "The Federal Reserve's decision to lower the federal funds rate has an indirect impact on mortgage interest rates, so if hints of a continued decrease in the federal funds rate are seen, we may see lending activity continue to rise."

The total number of deeds recorded for September 2024, which reflects

both commercial and residential real estate sales and transfers, was 1,301, up four percent from September 2023 and down 13 percent from August 2024.

"Lower mortgage interest rates can potentially open the market to additional buyers who previously may not have been able to afford a home. However, those who took out a mortgage at lower interest rates in 2020 and 2021 may still feel locked into their current mortgages, limiting the potential impact that the recent reductions in interest rates may have on home sales," O'Donnell said.

"It will be interesting to see how the housing market evolves in the coming months as these factors continue to play out."

The average sale price of commercial and residential properties for September 2024 rose to \$960,254, an 11 percent increase compared to September 2023 but a decrease of 24 percent from August 2024. The total dollar volume of commercial

and residential sales is also up, increasing by 9% from last year but down 41% from last month.

"While lower mortgage interest rates do help ease the burden of higher real estate costs, I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the limited inventory of available property and an increase in property prices compared to previous years," stated Register O'Donnell.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In September 2024, there were 7 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, more than the 5 recorded in September 2023. In September 2024, there were 28 notices to foreclose, the first step in the foreclosure process, less than the 33 recorded in September 2023.

"We cannot begin to know all the causes that have contributed to these foreclosures and notices to foreclose, but what we do

know is that a number of our neighbors have lost their homes, and even more are dangerously close to losing their homes," O'Donnell said.

"We all experience unforeseen events in our lives, and sometimes events beyond our control can have devastating emotional and financial effects, so I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org)," the Register added.

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"There is no doubt that it is good to see that mortgage

interest rates have come down significantly over the past month, and good to know that some progress has been made in making the dream of owning a home a more attainable goal," O'Donnell said. "However, it remains to be seen if these lower rates will be enough to stimulate significant growth in the housing market, especially for those who are already locked into lower rates."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at [facebook.com/norfolkdeeds](https://facebook.com/norfolkdeeds). Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

All land record research information can be found on the Registry's website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org). Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101 or email [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).

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## Over 250 Volunteers Help Spruce Up Neponset River Area

More than 250 volunteers spread out across 12 different locations in Canton, Dorchester, Hyde Park, Mattapan, Milton, Quincy, and Walpole Sept. 28 to help clean up trash and debris along the Neponset River, its estuary, and surrounding parks.

Managed by dedicated site captains and community members, the volunteers removed over 200 bags of trash. Some of the more interesting finds include one refrigerator, one pair of women's dress shoes, two bottles of men's cologne, one wig, one kickball, one wooden rocking chair, one car seat, one pillow, one bicycle, dozens of beer cans and liquor bottles, two buoys, a fireworks platform, multiple tires, construction debris, metal pipes, a plastic hose, hundreds of glass and

plastic bottles, and an innumerable amount of bottle tops and tiny bits of broken plastic.

Seven of the 12 cleanup sites were on DCR property. "It's incredible to be a part of such a significant event in our Watershed," says Paul Hanbury, Environmental Science Fellow at the Neponset River Watershed Association and event organizer. "It was inspiring to see so many people dedicating their time on a beautiful Saturday morning to clean up their local river."

For more details, visit [www.neponset.org/cleanup](http://www.neponset.org/cleanup).

For questions, contact NepRWA Environmental Science Fellow, Paul Hanbury, at [hanbury@neponset.org](mailto:hanbury@neponset.org) or 781-575-0354 x302.

Neponset River Watershed Association thanks the cleanup sponsors and part-

ners:

ENE, Synergy, GZA, Barletta, MA Dept. of Conservation & Recreation (DCR), City of Boston Parks and Recreation, Edgewater Neighborhood Association, Friends of the Boston Harborwalk, Milton DPW, Walpole Town Forest Committee, EPIC, James G. Grant Co. Inc., Boston Parks & Rec Urban Wild Program.

Couldn't participate in the cleanup? Consider donating to help offset the cost at [www.neponset.org/donate](http://www.neponset.org/donate).

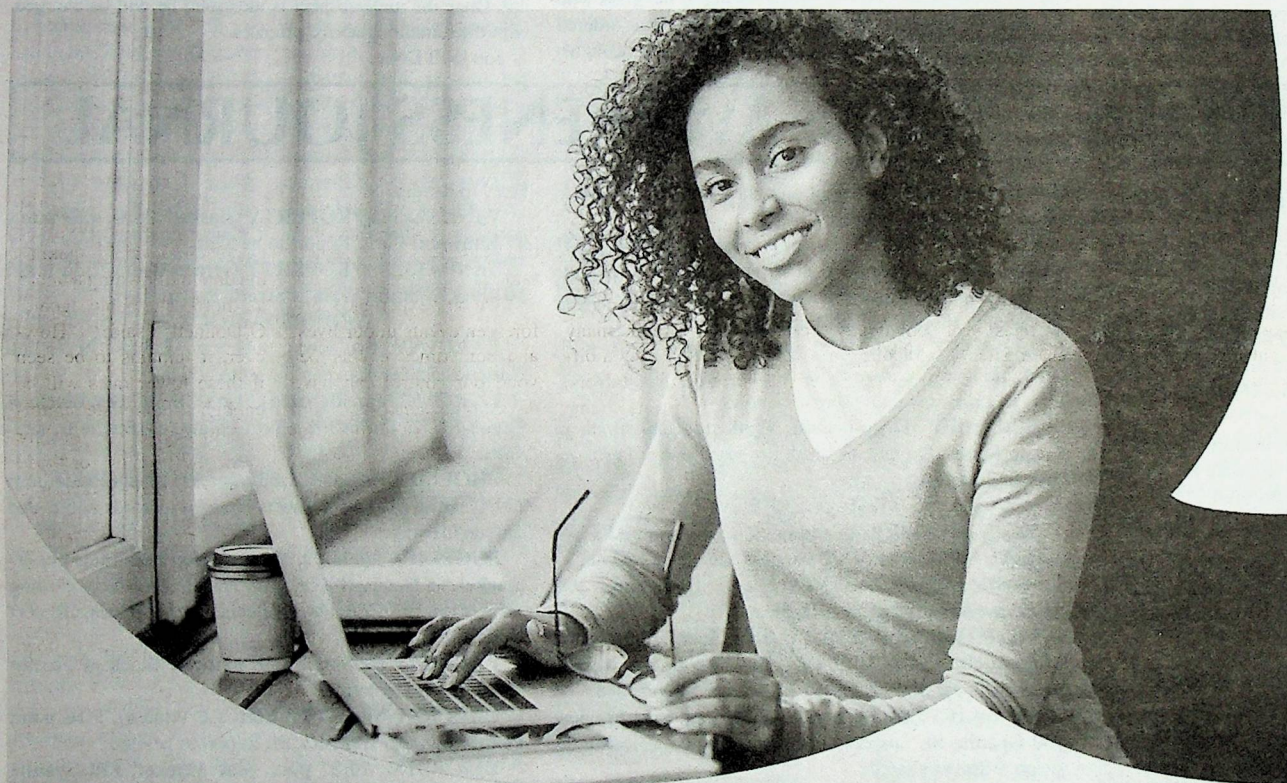
The Neponset River Watershed includes the communities of Dorchester, Hyde Park, and Mattapan; Canton, Dedham, Dover, Foxborough, Medfield, Milton, Norwood, Quincy, Sharon, Stoughton, Randolph, Walpole, and Westwood.

## John Cristiani, Jr. Appointed City Emergency Operations Manager



JOHN CRISTIANI, JR. was recently appointed Emergency Operations Manager for the City of Quincy Emergency Management Department. Cristiani studied Emergency Management at Massachusetts Maritime Academy and is veteran of the U.S. Coast Guard. Cristiani is replacing Cameron Hooper, who served the city in the role for several years. As the city's Emergency Operations Manager, Cristiani's primary duties will be assisting with department daily operations, to include oversight of the City Emergency Operations Center (EOC), as well as coordinating the operational readiness and maintenance of the department's equipment, vehicles, and monitoring city emergency communications systems. Here Cristiani is sworn in by City Clerk Nicole Crispo (left) and Mayor Thomas Koch looks on.

*Photo courtesy of Lisa Aimola, City of Quincy*



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Earn a certificate from our **Computer Skills for the Workplace** program, where students can learn the basic computer skills needed to successfully obtain employment. The program covers the basics of computer hardware, computer software, and Microsoft Office application programs.

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### COURSE INFORMATION

**Course Dates:**  
October 8 – November 14, 2024  
**Class Meets In Person:**  
Tuesdays and Thursdays  
**Time:** 6–8 p.m.  
**Cost:** \$375



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(617) 984-1752 | [jpearson@quincycollege.edu](mailto:jpearson@quincycollege.edu)



# Ballot Requests Top 14,000 For Nov. 5 Election

Cont'd From Page 1

by returning the application sent out by the Secretary of State's Office or by visiting MailMyBallotMA.com. Voters in Quincy may also request a mail-in ballot by calling the city's election office at 617-376-1144.

Voters can return their ballots by mail using the provided envelope, which

does not require the voter to pay for postage. Quincy voters can also use the ballot drop-box located outside City Hall at 1305 Hancock St. in Quincy Center, or return their ballot in-person to the election office on the second floor of the glass City Hall annex building. Ballots can also be brought to the city's in-person early

voting locations while they are open for early voting.

The deadline to return a ballot in-person or by drop box is 8 p.m. on Tuesday, Nov. 5, the day of the election. Ballots returned by domestic mail will be counted if received by 5 p.m. on Friday, Nov. 8, provided they are postmarked by Election Day. Ballots returned by

mail from outside the United States must be received by 5 p.m. on Friday, Nov. 15, provided they are postmarked on Election Day.

Voters also have the option of casting a ballot in-person during a two-week period leading up to the election.

In Quincy, early voting will take place on Satur-

day, Oct. 19, and Sunday, Oct. 20, at Central Middle School, 875 Hancock St., from 8:30 a.m. to 4:30 p.m. on both days. Early voting will then be held for 12 days — from Monday, Oct. 21, through Friday, Nov. 1 — in the Great Hall of the McIntyre Government Center (old City Hall), 1305 Hancock St., from 8:30 a.m. to

4:30 daily.

Parking spaces outside City Hall will be set aside for early voting on both Hancock Street and in the parking lot adjacent to the Quincy Center MBTA station, Crispo said.

Absentee voting is also available for the presidential election. Absentee voting

Cont'd On Page 14

On Saturday, Oct. 5, at about 11:05 p.m., Officers A. McKeen and M. Greenwood were dispatched to the Walmart Shopping Center on Falls Boulevard. The QPD Communications Division advised the responding officers that the male and female involved were becoming aggressive with employees and that the male suspect pulled a knife out on the Loss Prevention Officers.

Responding units were updated that the suspects had fled the store and were fleeing the parking lot on a red motorcycle with the registration plate bent up. Officer McKeen approached the intersection of Falls Boulevard and Quincy Avenue, with his lights activated and observed the suspects coming down Falls Boulevard at a high rate of speed. As he approached them, they initially stopped abruptly and then fled down Quincy Avenue towards Braintree.

Officer McKeen pursued the suspects a short distance into Braintree before making the decision to terminate the

## A Job Well Done

By OFFICER GREGG HARTNETT

Public Information Officer

Quincy Police Department

pursuit due to the suspects/operator's clear disregard for public safety.

In the area where Officer McKeen lost sight of the fleeing suspects, he was flagged down by a resident who reported seeing the suspects. The Braintree Police were updated, and additional Quincy units responded to assist.

The motorcycle was located propped up against a fence. Officer McKeen observed a female laying in the grass who matched the description of the suspect. She was ordered out of the grass and was detained in handcuffs. Officers M.

Greenwood, N. Lawrence and Sergeant R. Tapper arrived on scene to assist.

Officer D. Parisi and his K-9 partner Isma started a track in an attempt to locate the male suspect. The units were not able to locate the male suspect. The motorcycle was towed from the scene.

Officer McKeen's investigation concluded with the following charges: armed robbery (knife), threats to commit a crime, assault with a dangerous weapon (knife), shoplifting, conspiracy, failure to stop for the police, attaching plates to a vehicle and reckless operation of a motor vehicle.

The female suspect was arrested and transported to Quincy Police Headquarters where she was booked by Sergeant M. Connolly. She was later arraigned at Quincy District Court charged with assault by means (knife) and shoplifting. Once the male suspect is identified he will be charged with the remaining above offenses.

Job Well Done!

## QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, SEPT. 27

**LARCENY (from package)** 9:59 a.m., 560 block of Furnace Brook Parkway. Case number provided. Caller will use case number and follow-up with eBay.

**BREAKING AND ENTERING/PAST (person)**, 11:03 a.m., 40 Captains Walk. Report to be filed.

**LARCENY (grocery)**, 2:16 p.m., 1500 Hancock St. Report to be filed.

**DISORDER (group of girls)**, 3:56 p.m., Starbucks, 1205 Hancock St. Third person not on scene calling from Hanover. Small disagreement. Peace restored.

**DISORDER (possible)**, 4:15 p.m., Edwards Street and Union Street. Report to be filed.

**SHOPLIFT (male party)**, 4:45 p.m., Target, 289 Hancock St. Case number provided. Property returned. Store to handle.

**SHOPLIFT (male)**, 5:46 p.m., Walgreen Pharmacy, 418 Quincy Ave. Suspect fled towards Braintree. Store to handle.

**SHOPLIFT (in progress)**, 6:39 p.m., Star Market, 130 Granite St. Suspect fled the store. The suspect was located and issued a trespass notice. Merchandise was recovered. Store to handle.

**BREAKING AND ENTERING/MOTOR VEHICLE (past)**, 6:49 p.m., 20 block of Curlew Road. Report filed.

**VANDALISM/PROPERTY (bumper)**, 50 block of Centre Street. Report filed.

**DISORDER (road rage)**, 7:11 p.m., Franklin Street and Independence Avenue. Patrol units checked the area and were unable to locate the persons involved.

**DISORDER (possible)**, 7:30 p.m., Billings Road and Hancock Street. All involved advised. Peace restored.

**DISORDER (large fight)**, 11:33 p.m., Vane Street Parking Area, 19 Vane St. Involved persons do not want any police involvement. Report filed.

SATURDAY, SEPT. 28

**DISORDER (10 to 15 people)**, 12:40 a.m., Manet Lunch, 1099 Sea St. No weapons seen/all were patrons. Caller states that all parties are separated and walking away now. Patrol units unable to locate a disturbance.

**BREAKING AND ENTERING/MOTOR VEHICLE (missing keys)**, 2:41 a.m., 30 block of Agawam Road. Report filed.

**DISORDER (customer/manager)**, 4:34 a.m., McDonald's, 275 Hancock St. Peace restored. Customer advised and sent on the way.

**BREAKING AND ENTERING/PAST (construction site)**, 10:22 a.m., Totman Street. Happened sometime overnight. Construction equipment taken. Report to be filed.

**DISORDER (female)**, 10:40 a.m., Target, 289 Hancock St. Peace restored.

**SHOPLIFT (female with child)**, 3:10 p.m., Target,

289 Hancock St. Suspect got onto an MBTA bus. Store to handle. Items were recovered.

**SHOPLIFT (just fled)**, 4:36 p.m., Marshalls, 141 Newport Ave. Suspect gone on arrival. Officers to continue checking the area. Store to handle internally. Information passed onto shoplifting task force.

**SHOPLIFT (past)**, 5:29 p.m., Walmart, 301 Falls Blvd. Happened earlier today requesting to file a report. Case number provided. Store to handle.

**DISORDER (large group)**, 11:08 p.m., 40 block of Fenno Street. Officers to break up large group. Peace restored. Group sent on way.

SUNDAY, SEPT. 29

**WORKING FIRE (in kitchen)**, 12:14 a.m., 32 Lawrence St. Cooking fire, QFD handled and cleared scene.

**VANDALISM/PROPERTY (car)**, 1:02 p.m., 999 Southern Artery. Report to be filed.

**VANDALISM/PROPERTY (rear doors)**, 1:07 p.m., Thomas Crane Public Library, 40 Washington St. Rear doors on Spear Street tagged with graffiti. Report filed.

**SHOPLIFT (just occurred)**, 6:14 p.m., Star Market, 130 Granite St. Suspect stole soap. Unable to locate the suspect. Store to handle.

MONDAY, SEPT. 30

**DISORDER (male)**, 8:33 a.m., 130 block of Burgin Parkway. Male throwing trash screaming and yelling. Male was having a bad day. Advised and sent on the way.

**DISORDER (cutting trees)**, 8:39 a.m., 18 Isabella Street. Peace restored. Private tree company at the wrong house.

**DISORDER (tenants moving)**, 8:43 a.m., 30 block of Appleton Street. Peace restored. Advised.

**DISORDER (two males)**, 8:45 a.m., Thomas Crane Public Library, 40 Washington St. One male transported to a local hospital. Report to be filed.

**LARCENY (cell phone stolen)**, 2:04 p.m., 1193 Furnace Brook Parkway. Report to be filed.

**SHOPLIFT (just fled)**, 2:08 p.m., Walgreen Pharmacy, 132 Granite St. Report filed. Items returned to store.

**SHOPLIFT (male)**, 4:45 p.m., Walgreen Pharmacy, 418 Quincy Ave. Suspect issued a trespass notice and sent on the way.

**VANDALISM/PROPERTY (car)**, 7:22 p.m., 318 Hancock St. No suspect info. Report to be filed.

TUESDAY, OCT. 1

**LARCENY (package)**, 10:25 a.m., 3 Crown Dr. Report filed.

**VANDALISM/PROPERTY (broken picnic table)**, 2:15 p.m., Arthur Boyson Playground, 23 Heron Rd. Caller states they found spray paint all over different parts of the playground and a broken picnic table. Park Department notified.

**SHOPLIFT (in progress)**, 4:10 p.m., Target, 289 Hancock St. Unable to locate suspect. Case number provided.

Store to handle.

**VANDALISM/PROPERTY (slashed tires)**, 4:59 p.m., 99 Elmwood Park. Report to be filed.

**VANDALISM/PROPERTY (screen door)**, 7:38 p.m., 20 block of South Walnut Street. Report filed.

WEDNESDAY, OCT. 2

**LARCENY (two saws)**, 8:41 a.m., Bridge Street and Hancock Street. Larceny report to be filed.

**LARCENY (credit card)**, 10:17 a.m., 100 block of Fenno St. Victim to file report online. Case number provided.

**SHOPLIFT (female)**, 1:33 p.m., Walgreen Pharmacy, 132 Granite St. Two suspects issued a trespass notice and sent on the way.

**SHOPLIFT (male)**, 2:21 p.m., Stop and Shop Supermarket, 65 Newport Ave. Loss Prevention Officer chasing suspect towards Chipotle. One under for shoplifting. Report to be filed.

**LARCENY (iPhone)**, 3:38 p.m., 40 block of Forum Road. Report to be filed.

**LARCENY/MOTOR VEHICLE (stolen)**, 5:16 p.m., Prime Gas, 596 Hancock St. Report to be filed.

**DISORDER**, 10:27 p.m., Star Market, 130 Granite St. Peace restored.

THURSDAY, OCT. 3

**DISORDER (female)**, 8:28 a.m., Father Bill's Place, 39 Broad St. In lobby area. Screaming and yelling. Female sent on the way. Peace restored.

**BREAKING AND ENTERING/MOTOR VEHICLE (past)**, 9:13 a.m., 40 block Bowdoin Street. Report to be filed.

**DISORDER (with customer)**, 9:28 a.m., Santander Bank, 1150 Hancock St. Peace restored.

**SHOPLIFT (watching party)**, 10:12 a.m., Target, 289 Hancock St. Suspect identified. Report to be filed.

**VANDALISM/PROPERTY (vehicle spray painted)**, 11:52 a.m., 70 block Captains Walk. Report to be filed.

**LARCENY (leaf blower)**, 12:43 p.m., General McConville Way. Construction site. Report to be filed. City property.

**SHOPLIFT (in office)**, 1:59 p.m., Marshalls, 141 Newport Ave. Suspect issued a trespass notice and sent on the way. Store to handle.

**LARCENY (package)**, 4:12 p.m., 70 block of Dickens Street. Report to be filed.

**SHOPLIFT (two males)**, 5 p.m., Walgreen Pharmacy, 418 Quincy Ave. Suspect fled. Store to handle.

**LARCENY (keys)**, 5:12 p.m., 1000 block of Southern Artery. Report to be filed.

**WORKING FILE (dwelling)**, 7:54 p.m., Shennen Street. Stove is on fire. 911 call transferred to QFD. QFD Striking Box 1742. QFD to handle. Police and EMS units clearing.



# Officials Outline Student Support, Health Goals

Cont'd From Page 1

During her presentation, Papile said the school system is committed to supporting students' needs.

"I believe the Quincy Public Schools remains steadfast in its commitment to supporting academic, social-emotional, and mental health wellness of all students. Our comprehensive vision really centers around tiered interventions designed to bolster students academic progress while nurturing their social-emotional development," she said. "Through these efforts we aim to create a robust support system that promotes the wellbeing for our students and their families."

Papile said her team would gather and analyze data from high-risk/abuse reports and provide an appropriate intervention for those students identified. The district's new behavioral health navigator will assist in this goal, she said; the district received a \$300,000 grant from Beth Israel Lahey Health that will cover the position for three years.

"The behavioral health navigator will assist students and families throughout the district that need mental health care," Papile said. "As you can imagine, navigating the mental health system is overwhelming, so we expect that more and more families will be able to access the care that they need through this unique opportunity."

The second goal Papile identified is to create a professional development plan for social and emotional learning and the implementation of the Sandy Hook Promise Program for grades 6-12 in Walker Solutions trauma-informed classrooms. Papile also noted she had a new coalition for

mental health and wellness – which also includes Kim Connolly, the district's director of diversity, equity and inclusion and various community partners – which will meet once a month.

In addition, Papile said the district would be promoting attendance through two separate initiatives. In partnership with the non-profit Hope & Comfort, hygiene products will be distributed to students at Broad Meadows, Point Webster and South West Middle School as well as the Snug Harbor Elementary School. And through Big Brother Big Sister, the district wants to provide mentorship to 90 ninth grade students at Quincy High School.

"Mentoring and hygiene security are two specific strategies to support students with good attendance and academic success," Papile said. "We've already made significant progress in this area."

Huwar said one of her goals for this school year is to help decrease chronic absenteeism by educating the community about infection diseases. The health services team will be focusing on measles, staph infections and all respiratory viruses this year.

"Our emphasis will be on recognizing and reporting the illness symptoms, proper handwashing and immunizations," Huwar said, adding that staff received a training on those diseases at the start of the school year and a newsletter was sent to families.

During professional development this year, Huwar said the health service will focus on another one of its goals, which is to continue to enhance nursing assessment skills. The nurses will receive presentations from

Boston Children's Hospital on cardiac and respiratory assessment and will undergo BLS recertification trainings using American Heart Association guidelines.

The health services team is also partnering with Manet Community Health Center, King Optical and the Lions Club to provide free or low-cost vision exams for students who did not pass the school vision screening. The program was tried on a pilot basis last year, Huwar said; 10 students received vision exams at Manet, seven of whom were determined to need glasses and received them.

"We're hoping to increase this program this year," she said. "Sometime in November we will have another day of vision at Manet. We will focus on kids at the end of last school year who hadn't passed the screening because we haven't quite screened everybody yet. We're hoping to repeat it in the spring."

Mass Healthy Smiles will be returning to the school system this year to provide screening, sealants and fluoride treatments to students, Huwar said. Last year, 592 students participated in the program. Each student received at least one cleaning and one fluoride treatment, and a total of 832 dental sealants were applied.

"According to Mass Healthy Smiles, we had a far higher participation rate than they typically see in most school districts," Huwar said.

As part of her presentation, Huwar also provided statistics for the 2023-24 school year. The nursing team had 105,928 student encounters last year, up from 91,088 the previous year. Students returned to class 100,689 times after

those encounters.

"This is approximately a 95.1 percent return-to-class

rate," up from roughly 93 percent the previous year, Huwar said. "This definitely

demonstrates the impact that our school nurses have on keeping students in school."

## Op Ed

### Bringing Bachelor's Degrees Within Reach

By RICHARD

DeCRISTOFARO, Ed. D.

Only about one in five Massachusetts community college students ever goes on to earn a four-year degree.

That sobering fact is at odds with the portrayal of community college as the ideal place for students to successfully embark on a pathway leading first to an associate's degree and ultimately to the bachelor's degree that will open career doors and lead to professional and economic opportunity.

As you might suspect, there are many reasons for that less-than-optimal rate of what's known as "persistence," but perhaps the biggest obstacle is the transfer process: students can't easily move from a two-year institution to a four-year one. Courses may not match up, credits can be lost, previous hard work and achievement may go unrecognized. Faced with bureaucratic frustration, students all too often put their bachelor's degree aspirations on hold or, worse, abandon them altogether.

It shouldn't be that way. At Quincy College, it's not.

Our unique model starts with a true point of distinction: we're the only traditional two-year college in Massachusetts offering four-year degrees. Because we thoroughly understand



RICHARD DeCRISTOFARO, Ed. D. is president of Quincy College.

Courtesy Photo

the barriers to student persistence, we've worked to eliminate them. By entering into articulation agreements with a half-dozen of the state's community colleges, we assure that their associate's degree students can transfer here and pursue a bachelor's without losing credits or needing to repeat courses in their chosen major. Even though we offer four-year degrees, we're still a community college at heart, which means we understand the unique challenges faced by that population of students; we're committed to providing the necessary academic, social and financial guidance and support they've been accustomed to. We know that caring for and about our students is an important factor in their academic persistence.

And we offer unprec-

edented flexibility and convenience in our course offerings: in-person, online, or hybrid and during the day, in the evening or on weekends. Students in our bachelor's programs in business management, computer science and psychology can earn their degree sitting in classrooms in Quincy and Plymouth or on laptops anywhere. One recent business management graduate earned his Quincy College bachelor's degree while living and working in England.

Without the college transfer obstacle blocking students' educational pathway our students are able to focus exclusively on their pursuit of an accessible, affordable four-year degree which – we all can agree – is the way it should be.

Dr. DeCristofaro is president of Quincy College.

### New Coercive Control Law Brings True Scope Of Domestic Abuse Into Court

On Sept. 18, a new law took effect in Massachusetts which changes the definition of "abuse" in restraining order hearings to include things like emotional, psychological, financial, and technological abuse.

This new law allows judges to recognize that at the heart of intimate partner abuse is one important dynamic: coercive control. People who use abuse in relationships do all kinds of things to exert and maintain control over their partners. Some yell, degrade, humiliate and threaten. Some come between their partners and close friends and family. Some take away access to financial resources. Some hit. Most do some combination of these things. But the goal is always control.

Up until last month, to get a restraining order, the person asking for the order had prove that their partner had hurt or attempted to hurt

them physically or sexually, or had put them in fear of serious and immediate physical harm. This legal standard often meant that survivors who had experienced non-physical forms of abuse were unable to get restraining orders. Now, the law explicitly allows judges to consider whether the person asking for the restraining order has had their sense of autonomy – their inde-

pendence and ability to control their own life – taken away from them and to take into account the many different types of abusive behavior that their partner may have used to do that.

No one should have to live in fear. Now, Massachusetts' restraining order law recognizes that too.

This message was submitted by DOVE (DOMestic Violence Ended).

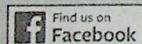
### Friends Of MPL Book Sale Oct. 26

The Friends of the Milton Public Library will host its annual Great Books Sale, in the Keys Community Room, on Saturday, Oct. 26, from 10 a.m. to 2 p.m. The library is located at 476 Canton Ave.

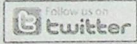
The sale features donated collectible, unusual, and gift giving selections, priced from \$2-\$10, and sorted by category, including art, history, biographies, fiction, and more. The Friends Book Shop will also be open during the sale with its regular selection of gently used books priced from 50 cents for children's books to \$2-\$3 for adult books. Cash, checks, Venmo, and credit cards, are accepted at the sale located on the lower level of the Milton Public Library. Proceeds from the sale support Library programming.

To learn more about the Friends or to volunteer, visit [www.mplfriends.org](http://www.mplfriends.org).

Quincy Access Television  
88 Washington Street  
Quincy, MA 02169



[www.qatv.org](http://www.qatv.org)  
617-376-1440  
617-376-1441



#### Public Access Channel 8

Thursday, October 10  
6:00pm: Bethany Congregational Church  
8:00pm: QHS vs. Braintree Football 10/4

Friday, October 11  
11:30am: LIVE: Currently in Quincy  
7:00pm: LIVE: NQ vs. Plymouth South Football

Saturday, October 12  
1:00pm: QHS vs. Braintree Football 10/4  
8:30pm: Romeo & Juliet

Sunday, October 13  
11:30am: Quincy Point Church Good News  
1:00pm: The Call

Monday, October 14  
11:30am: AM Quincy: MBTA Update  
8:00pm: NQ vs. Plymouth South Football 10/11

Tuesday, October 15  
7:00am: LIVE: AM Quincy w/Joe Catalano  
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, October 16  
6:00pm: Quincy Point Church Good News  
7:00pm: The Call

#### Government Access Channel 9

Thursday, October 10  
4:00pm: Board of License Commissioners 10/8  
5:00pm: Zoning Board of Appeals 10/8

Friday, October 11  
8:00pm: Planning Board 9/18  
9:30pm: In the Know: Norfolk County Sheriff

Saturday/Sunday, October 12/13  
10:30am: Crime Watch: Scams  
12:00pm: City Council incl. Ord/Pub.Hearing 10/7  
2:00pm: Planning Board 9/18  
4:00pm: Board of License Commissioners 10/8  
5:00pm: Zoning Board of Appeals 10/8  
7:00pm: City Council incl. Ord/Pub.Hearing 10/7  
10:00pm: Board of License Commissioners 10/8  
11:00pm: Zoning Board of Appeals 10/8

Monday, October 14  
6:30pm: City Council incl. Ord/Pub.Hearing 10/7

Tuesday, October 15  
4:00pm: Board of License Commissioners 10/8  
6:00pm: Zoning Board of Appeals 10/8

Wednesday, October 16  
7:00pm: City Council incl. Ord/Pub. Hearing 10/7

Programming is subject to change.

For a complete list of programs, please visit our website at [qatv.org](http://qatv.org)



# Sample Composite Ballot: CANDIDATES & BALLOT QUESTION 1

## STATE ELECTION TUESDAY, NOVEMBER 5

### ELECTORS OF PRESIDENT AND VICE PRESIDENT 總統與副總統選舉人

Vote for ONE  
選一人

AYYADURAL and ELLIS ++++++ +Independent/獨立黨 ☐

DE LA CRUZ and GARCIA + Socialism and Liberation/社會主義與解放黨 ☐

HARRIS and WALZ ++++++ +Democratic/民主黨 ☐

OLIVER and TER MAAT ++++++ +Libertarian/自由主義黨 ☐

STEIN and CABALLERO-ROCA ++++++ +Green-Rainbow Party/綠-彩虹黨 ☐

TRUMP and VANCE ++++++ +Republican/共和黨 ☐

DO NOT VOTE IN THIS SPACE.  
USE BLANK LINE BELOW FOR  
WRITE-IN. 切勿在此處填寫投票選擇。  
請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### SENATOR IN CONGRESS 國會參議員

Vote for ONE  
選一人

ELIZABETH ANN WARREN ++++++ +Democratic/民主黨 ☐

JOHN DEATON ++++++ +Republican/共和黨 ☐

8 Mohill Ave., Swansea  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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WRITE-IN. 切勿在此處填寫投票選擇。  
請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### REPRESENTATIVE IN CONGRESS 國會眾議員

Vote for ONE  
選一人

STEPHEN F. LYNCH ++++++ +Democratic/民主黨 ☐

ROBERT G. BURKE ++++++ +Republican/共和黨 ☐

98 Taylor Ave., Dedham  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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WRITE-IN. 切勿在此處填寫投票選擇。  
請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### COUNCILLOR 市會議議員

Vote for ONE  
選一人

CHRISTOPHER A. IANNELLA, JR. + Democratic/民主黨 ☐

263 Pond St., Boston  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### SENATOR IN GENERAL COURT 州議會參議員

Vote for ONE  
選一人

JOHN F. KEENAN ++++++ +Democratic/民主黨 ☐

37 Hobomock Rd., Quincy  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for ONE  
選一人

BRUCE J. AYERS ++++++ +Democratic/民主黨 ☐

45 Williams St., Quincy  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for ONE  
選一人

TACKY CHAN ++++++ +Democratic/民主黨 ☐

66 Meadowbrook Rd., Quincy  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### REPRESENTATIVE IN GENERAL COURT 州議會眾議員

Vote for ONE  
選一人

RONALD MARIANO ++++++ +Democratic/民主黨 ☐

200 Falls Blvd., Quincy  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
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請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### CLERK OF COURTS 任法院書記長

Vote for ONE  
選一人

WALTER F. TIMILTY ++++++ +Democratic/民主黨 ☐

11 Beech St., Milton  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
USE BLANK LINE BELOW FOR  
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請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### REGISTER OF DEEDS 契約登記官

Vote for ONE  
選一人

WILLIAM PATRICK O'DONNELL ++++++ +Democratic/民主黨 ☐

55 Albemarle Rd., Norwood  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
USE BLANK LINE BELOW FOR  
WRITE-IN. 切勿在此處填寫投票選擇。  
請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### COUNTY COMMISSIONER 縣專員

Vote for not more than TWO  
最多選兩人

JOSEPH P. SHEA ++++++ +Democratic/民主黨 ☐

40 Greenleaf St., Quincy  
Candidate for Re-election/競選連任候選人

RICHARD R. STAITI ++++++ +Democratic/民主黨 ☐

9 Burns Ave., Canton  
Candidate for Re-election/競選連任候選人  
DO NOT VOTE IN THIS SPACE.  
USE BLANK LINE BELOW FOR  
WRITE-IN. 切勿在此處填寫投票選擇。  
請在下面的空白欄內填寫  
自填候選人。

WRITE-IN SPACE ONLY 僅供填寫自填候選人

### QUESTION 1 / 問題 1 LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives before May 1, 2024?

#### SUMMARY

This proposed law would specify that the State Auditor has the authority to audit the Legislature.  
A YES VOTE would specify that the State Auditor has the authority to audit the Legislature.  
A NO VOTE would make no change in the law relative to the State Auditor's authority.

YES/贊成 ☐  
NO/反對 ☐

#### 第 1 項議題

##### 公民提案提議的法律

您是否贊成以下概述的法律？在 2024 年 5 月 1 日前，參議院或眾議院均未對該法律進行表決。

#### 摘要

這項法律草案將明確規定州審計長有權審計立法機關。

投下贊成票，即表示您贊成明確賦予州審計長審計立法機關的權力。

投下反對票，則表示您支持維持州審計長現有的法定權力，不做任何更動。

## Ballot Requests Top 14,000 For Nov. 5 Election

Cont'd From Page 12

will end at noon on Monday, Nov. 4.

On Election Day – Tuesday, Nov. 5 – polls will be open from 7 a.m. to 8 p.m. The same polling place used in this year's primary election will be used for the upcoming election. Crispo noted the polling place inside South West Middle School – where Precincts 1 and 5 of Ward 4 cast ballots – will be located inside school's gymnasium, a change that was first implemented in the September state primary.

"The only change we made in September, and we're going to follow through in November, is South-West is now in the gym," she said. "They like that better. We got some real positive feedback on that."

In the lead up to the election, Crispo said police officials had planned to review security measures with poll workers.

"We're certainly going to do a training for all our poll workers, but one of the things we're going to emphasize is security," she

said, adding they planned to meet with Police Chief Mark Kennedy to "go over security measures at the polling locations for the residents and the workers."

There have been no threats specific to Quincy, Crispo stated.

"In the primary there were a couple of people that wrote 'no more bombs' on their ballots, which was followed up with a little police investigation, but that's it," she said. "Nothing specific to Quincy."

Between 72 and 78 percent of Quincy's registered voters are expected to cast ballots in the Nov. 5 election, which Crispo said is typical for a presidential election. The turnout in Quincy was 71.88 percent four years ago and 70.44 percent in 2016.

About 20 percent of those who voted in 2020 did so by mail or during the in-person early voting period, Crispo said, and she expects a similar number will do so this year.

"Early voting has been quite busy, especially on

Cont'd On Page 15



# Ballot Requests Top 14,000 For Nov. 5 Election

Cont'd From Page 14

"the presidentials," she said. "Weekends are busy. We're going to go to Central... that should be exciting. Good parking."

"I'm assuming it's going to be busy there and then busy here (at City Hall) all week. We'll have spots designated out front here (on Hancock Street), four spots, for early voting. And then we'll have some designated spots over here (adjacent to the MBTA station) for early voting."

The deadline to register

to vote in the election is Saturday, Oct. 26. Crispo said her office at City Hall would be open from 8:30 a.m. to 5 p.m. that day for voter registration. Voter registration can also be done online at [www.sec.state.ma.us/OVR/](http://www.sec.state.ma.us/OVR/). As of Sept. 27, there were 66,343 registered voters in the city.

The ballot for the Nov. 5 election is two pages long, with text on both sides of each page.

Headlining the election is the presidential contest between Vice President Ka-

mala Harris, the Democratic nominee, and former President Donald Trump, the Republican nominee.

A total of six candidates for president, and their running mates, are on the ballot in Massachusetts. The candidates for president and vice president, in order of appearance on the ballot, are: Shiva Ayyadurai and Crystal Ellis (Independent); Claudia de la Cruz and Karina Garcia (Socialism and Liberation); Kamala Harris and Tim Walz (Democratic); Chase Oliver and Mike Maat (Libertarian); Jill Stein and Gloria Caballero-

Roca (Green-Rainbow); and Donald Trump and JD Vance (Republican).

In the race for US Senate, incumbent Democrat Elizabeth Warren of Cambridge is facing a challenge from Republican John Deaton of Swansea.

In the Eighth Congressional District, which includes all of Quincy, incumbent Democrat Stephen Lynch of Boston is facing a challenge from Robert Burke of Dedham.

One of the three state representatives from Quincy will be facing a challenge this year. In the Second

Norfolk District, incumbent Democrat Tackey Chan is opposed by Republican Sharon Marie Cintolo. Both are Quincy residents.

The remaining two state representatives — Bruce Ayers and Ronald Mariano, both Democrats — are unopposed. Also unopposed is state Sen. John Keenan, likewise a Democrat.

Governor's Councillor Christopher Ianella Jr. is unopposed in the November election. Also unopposed are Walter Timilty in the race for Norfolk County clerk of courts, incumbent William O'Donnell in the

race for Norfolk County register of deeds, and incumbent Norfolk County commissioners Joseph Shea and Richard Staiti. All are Democrats.

Also being decided in the election are five separate ballot questions, each of which is on a law proposed by initiative petition.

A yes vote on Question 1 would specify that the State Auditor has the authority to audit the Legislature. A no vote would make no change in the law relative to the State Auditor's authority.

Cont'd On Page 16

## QUESTION 2 / 問題 2 LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives before May 1, 2024?

### SUMMARY

This proposed law would eliminate the requirement that a student pass the Massachusetts Comprehensive Assessment System (MCAS) tests (or other statewide or district-wide assessments) in mathematics, science and technology, and English in order to receive a high school diploma. Instead, in order for a student to receive a high school diploma, the proposed law would require the student to complete coursework certified by the student's district as demonstrating mastery of the competencies contained in the state academic standards in mathematics, science and technology, and English, as well as any additional areas determined by the Board of Elementary and Secondary Education.

**A YES VOTE** would eliminate the requirement that students pass the Massachusetts Comprehensive Assessment System (MCAS) in order to graduate high school but still require students to complete coursework that meets state standards.

**A NO VOTE** would make no change in the law relative to the requirement that a student pass the MCAS in order to graduate high school.

YES/贊成 ☐

NO/反對 ☐

## 第 2 項議題

公民提案提議的法律

您是否贊成以下概述的法律？在 2024 年 5 月 1 日前，參議院或眾議院均未對該法律進行表決。

### 摘要

這項法律草案將取消學生必須通過麻薩諸塞州綜合評估系統 (MCAS) 測驗 (或其他全州或學區範圍的評估) 中的數學、科學與技術，以及英語科目才能獲得高中文憑的要求。取而代之的是，為了讓學生獲得高中文憑，法律草案將要求學生完成經學生所在學區認證的課程，以證明其掌握了州學術標準包含的數學、科學與技術，以及英語能力，以及中小學教育委員會確定的任何其他領域的能力。

**投下贊成票**，即表示您贊成取消學生必須通過麻薩諸塞州綜合評估系統 (MCAS) 才能高中畢業的要求，但仍要求學生完成符合州標準的課程。

**投下反對票**，則表示您支持維持現行法律中關於學生必須通過 MCAS 才能高中畢業的要求，不做任何更動。

## Sample Composite Ballot:

## BALLOT QUESTIONS 2 & 3

# STATE ELECTION TUESDAY, NOVEMBER 5

### QUESTION 3 / 問題 3

#### LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives before May 1, 2024?

### SUMMARY

The proposed law would provide Transportation Network Drivers ("Drivers") with the right to form unions ("Driver Organizations") to collectively bargain with Transportation Network Companies ("Companies") which are companies that use a digital network to connect riders to drivers for pre-arranged transportation to create negotiated recommendations concerning wages, benefits and terms and conditions of work. Drivers would not be required to engage in any union activities. Companies would be allowed to form multi-Company associations to represent them when negotiating with Driver Organizations. The state would supervise the labor activities permitted by the proposed law and would have responsibility for approving or disapproving the negotiated recommendations.

The proposed law would define certain activities by a Company or a Driver Organization to be unfair work practices. The proposed law would establish a hearing process for the state Employment Relations Board ("Board") to follow when a Company or Driver Organization is charged with an unfair work practice. The proposed law would permit the Board to take action, including awarding compensation to adversely affected Drivers, if it found that an unfair work practice had been committed. The proposed law would provide for an appeal of a Board decision to the state Appeals Court.

This proposed law also would establish a procedure for determining which Drivers are Active Drivers, meaning that they completed more than the median number of rides in the previous six months. The proposed law would establish procedures for the Board to determine that a Driver Organization has signed authorizations from at least five percent of Active Drivers, entitling the Driver Organization to a list of Active Drivers; to designate a Driver Organization as the exclusive bargaining representative for all Drivers based on signed authorizations from at least twenty-five percent of Active Drivers; to resolve disputes over exclusive bargaining status, including through elections; and to decertify a Driver Organization from exclusive bargaining status. A Driver Organization that has been designated the exclusive bargaining representative would have the exclusive right to represent the Drivers and to receive voluntary membership dues deductions.

Once the Board determined that a Driver Organization was the exclusive bargaining representative for all Drivers, the Companies would be required to bargain with that Driver Organization concerning wages, benefits and terms and conditions of work. Once the Driver Organization and Companies reached agreement on wages, benefits, and the terms and conditions of work, that agreement would be voted upon by all Drivers who has completed at least 100 trips the previous quarter. If approved by a majority of votes cast, the recommendations would be submitted to the state Secretary of Labor for approval and if approved, would be effective for three years. The proposed law would establish procedures for the mediation and arbitration if the Driver Organization and Companies failed to reach agreement within a certain period of time. An arbitrator would consider factors set forth in the proposed law, including whether the wages of Drivers would be enough so that Drivers would not need to rely upon any public benefits. The proposed law also sets out procedures for the Secretary of Labor's review and approval of recommendations negotiated by a Driver Organization and the Companies and for judicial review of the Secretary's decision.

The proposed law states that neither its provisions, an agreement nor a determination by the Secretary would be able to lessen labor standards established by other laws. If there were any conflict between the proposed law and existing Massachusetts labor relations law, the proposed law would prevail.

The Board would make rules and regulations as appropriate to effectuate the proposed law.

The proposed law states that, if any of its parts were declared invalid, the other parts would stay in effect.

**A YES VOTE** would provide transportation network drivers the option to form unions to collectively bargain with transportation network companies regarding wages, benefits, and terms and conditions of work.

**A NO VOTE** would make no change in the law relative to the ability of transportation network drivers to form unions.

YES/贊成 ☐

NO/反對 ☐

### 第 3 項議題

公民提案提議的法律

您是否贊成以下概述的法律？在 2024 年 5 月 1 日前，參議院或眾議院均未對該法律進行表決。

### 摘要

這項法律草案將賦予運輸網路司機 (「司機」) 成立工會 (「司機組織」) 的權利，以便與運輸網路公司 (「公司」) 進行集體談判——這些公司使用數位網路將乘客與司機建立聯繫，以提供預約運輸服務——以針對工資、福利以及工作條款與條件制定協商建議。司機不會被要求參與任何工會活動。公司將被允許成立多公司協會，在與司機組織談判時代表公司立場。州政府將監督法律草案允許的勞工活動，並負責核准或否決協商建議。

法律草案會將公司或司機組織的某些活動定義為不公平勞工待遇。法律草案將建立聽證程序，供州就業關係委員會 (「委員會」) 在公司或司機組織被指控有不公平勞工待遇時進行。法律草案將允許委員會在發現不公平勞工待遇時採取行動，包括向受影響司機提供賠償。法律草案將允許對委員會的決定向州上訴法院提起上訴。

這項法律草案還將建立程序以確定活躍司機，即在過去六個月內完成的行程次數超過中位數的司機。法律草案將建立程序供委員會：確定司機組織是否已獲得至少百分之五的活躍司機簽署授權，並賦予該司機組織獲得活躍司機名單的權利；根據至少百分之二十五的活躍司機簽署的授權，將司機組織指定為所有司機的獨家談判代表；解決有關獨家談判資格的爭議，包括透過選舉解決；以及取消司機組織的獨家談判代表資格。被指定為獨家談判代表的司機組織將擁有代表所有司機的專有權，並有權收取自願繳納的會員會費。

一旦委員會確定司機組織是所有司機的獨家談判代表，公司將被要求與該司機組織就工資、福利以及工作條款與條件進行談判。一旦司機組織與公司就工資、福利以及工作條款與條件達成協議，該協議將由上一季度至少完成 100 次行程的所有司機進行投票表決。若獲得多數投票通過，這些建議將提交給州勞工部長核准；若獲得核准，將生效三年。法律草案將建立調解與仲裁程序，以應對司機組織與公司在一定期限內未能達成協議的情況。仲裁員將考慮法律草案規定的因素，包括司機的工資是否足以讓他們無需依賴任何公共福利。法律草案還規定了勞工部長審查並核准司機組織與公司協商建議的程序，還規定了對部長決定進行司法審查的程序。

法律草案規定，其餘款、協議或部長決定均不得降低其他法律規定的勞動標準。若法律草案與現有麻薩諸塞州勞工關係法有任何衝突，法律草案將優先適用。

委員會將制定適當的規則與條例，以實施法律草案。

法律草案規定，若其任何部分被宣布無效，其他部分仍將繼續有效。

**投下贊成票**，即表示您贊成賦予運輸網路司機成立工會的選擇權，以便與運輸網路公司就工資、福利以及工作條款與條件進行集體談判。

**投下反對票**，則表示您支持維持現行法律中關於運輸網路司機成立工會能力的規定，不做任何更動。



# Sample Composite Ballot: BALLOT QUESTIONS 4 & 5

## STATE ELECTION TUESDAY, NOVEMBER 5

## Ballot Requests Top 14,000 For Nov. 5 Election

### QUESTION 4 / 問題 4

#### LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives before May 1, 2024?

#### SUMMARY

This proposed law would allow persons aged 21 and older to grow, possess, and use certain natural psychedelic substances in certain circumstances. The psychedelic substances allowed would be two substances found in mushrooms (psilocybin and psilocyn) and three substances found in plants (dimethyltryptamine, mescaline, and ibogaine). These substances could be purchased at an approved location for use under the supervision of a licensed facilitator. This proposed law would otherwise prohibit any retail sale of natural psychedelic substances. This proposed law would also provide for the regulation and taxation of these psychedelic substances.

This proposed law would license and regulate facilities offering supervised use of these psychedelic substances and provide for the taxation of proceeds from those facilities' sales of psychedelic substances. It would also allow persons aged 21 and older to grow these psychedelic substances in a 12-foot by 12-foot area at their home and use these psychedelic substances at their home. This proposed law would authorize persons aged 21 or older to possess up to one gram of psilocybin, one gram of psilocyn, one gram of dimethyltryptamine, 18 grams of mescaline, and 30 grams of ibogaine ("personal use amount"), in addition to whatever they might grow at their home, and to give away up to the personal use amount to a person aged 21 or over.

This proposed law would create a Natural Psychedelic Substances Commission of five members appointed by the Governor, Attorney General, and Treasurer which would administer the law governing the use and distribution of these psychedelic substances. The Commission would adopt regulations governing licensing qualifications, security, recordkeeping, education and training, health and safety requirements, testing, and age verification. This proposed law would also create a Natural Psychedelic Substances Advisory Board of 20 members appointed by the Governor, Attorney General, and Treasurer which would study and make recommendations to the Commission on the regulation and taxation of these psychedelic substances.

This proposed law would allow cities and towns to reasonably restrict the time, place, and manner of the operation of licensed facilities offering psychedelic substances, but cities and towns could not ban those facilities or their provision of these substances.

The proceeds of sales of psychedelic substances at licensed facilities would be subject to the state sales tax and an additional excise tax of 15 percent. In addition, a city or town could impose a separate tax of up to two percent. Revenue received from the additional state excise tax, license application fees, and civil penalties for violations of this proposed law would be deposited in a Natural Psychedelic Substances Regulation Fund and would be used, subject to appropriation, for administration of this proposed law.

Using the psychedelic substances as permitted by this proposed law could not be a basis to deny a person medical care or public assistance, impose discipline by a professional licensing board, or enter adverse orders in child custody cases absent clear and convincing evidence that the activities created an unreasonable danger to the safety of a minor child.

This proposed law would not affect existing laws regarding the operation of motor vehicles while under the influence, or the ability of employers to enforce workplace policies restricting the consumption of these psychedelic substances by employees. This proposed law would allow property owners to prohibit the use, display, growing, processing, or sale of these psychedelic substances on their premises. State and local governments could continue to restrict the possession and use of these psychedelic substances in public buildings or at schools.

This proposed law would take effect on December 15, 2024.

**A YES VOTE** would allow persons over age 21 to use certain natural psychedelic substances under licensed supervision and to grow and possess limited quantities of those substances in their home, and would create a commission to regulate those substances.

**A NO VOTE** would make no change in the law regarding natural psychedelic substances.

YES/贊成 ☐

NO/反對 ☐

### 第 4 項議題

公民提案或眾議院的法律

您是否贊成以下概述的法律？在 2024 年 5 月 1 日前，參議院或眾議院均未對該法律進行表決。

#### 摘要

這項法律草案將允許年滿 21 歲者在某些情況下種植、持有並使用某些天然迷幻物質。允許的迷幻物質將是在蘑菇中發現的兩種物質（裸蓋菇素與脫磷酸裸蓋菇素），以及在植物中發現的三種物質（二甲基色胺、麥司卡林與伊博格酸）。這些物質可以在經核准的地點購買，並在持照引導員的監督下使用。除此之外，這項法律草案將禁止任何零售天然迷幻物質的行為。這項法律草案還將對這些迷幻物質進行管制及徵稅。

這項法律草案將對提供在監督下使用這些迷幻物質的設施發照及管制，以及對這些設施販售迷幻物質的收益徵稅。該法律草案還將允許年滿 21 歲者在家中 12 呎乘 12 呎的區域內種植這些迷幻物質，並在家使用這些迷幻物質。除了可能在家中種植的數量之外，這項法律草案將授權年滿 21 歲者持有最多一克裸蓋菇素、一克脫磷酸裸蓋菇素、一克二甲基色胺、18 克麥司卡林與 30 克伊博格酸（「個人使用量」），並且可以將不超過個人使用量的迷幻物質贈送給年滿 21 歲者。

這項法律草案將成立天然迷幻物質委員會，該委員會由州長、總檢察長與財務長任命的五名成員組成，負責管理規範這些迷幻物質使用及分發的法律。委員會將制定條例，規範發照資格、安全、記錄保存、教育與訓練、健康與安全要求、測試以及年齡驗證。這項法律草案還將成立天然迷幻物質諮詢委員會，該諮詢委員會由州長、總檢察長與財務長任命的 20 名成員組成，負責研究並向委員會提出關於這些迷幻物質管制及徵稅的建議。

這項法律草案將允許市鎮合理限制提供迷幻物質的持照設施的營運時間、地點與方式，但市鎮不得禁止這些設施或設施提供這些物質。

持照設施販售迷幻物質的收益須繳納州銷售稅以及額外 15% 的消費稅。此外，任何市鎮可以加徵最高百分之二的稅。透過額外州消費稅、執照申請費以及違反本法律草案的民事罰款獲得的收入，將存入天然迷幻物質管制基金，並在撥款後用於管理本法律草案。

按照本法律草案允許的方式使用迷幻物質，不能成為拒絕使用者獲得醫療照護或公共援助、專業發照委員會實施紀律處分的依據，或在缺乏明確且令人信服的證據證明這些活動對未成年子女的安全造成不合理危險的情況下，在子女監護案件中做出不利裁決的依據。

這項法律草案不會影響有關在受影響情況下操作機動車輛的現行法律，也不會影響雇主執行限制員工使用這些迷幻物質的工作場所政策。這項法律草案將允許物業所有者禁止在其物業使用、展示、種植、加工或販售這些迷幻物質。州與地方政府可以繼續限制在公共建築或學校持有及使用這些迷幻物質。

本法律草案將於 2024 年 12 月 15 日生效。

**投下贊成票**，即表示您贊成允許年滿 21 歲者在持照者的監督下使用某些天然迷幻物質，並在家種植及持有有限量的這些物質，同時成立委員會管制這些物質。

**投下反對票**，則表示您支持維持現行法律中關於天然迷幻物質的規定，不做任何更動。

### QUESTION 5 / 問題 5

#### LAW PROPOSED BY INITIATIVE PETITION

Do you approve of a law summarized below, on which no vote was taken by the Senate or the House of Representatives before May 1, 2024?

#### SUMMARY

This proposed law would gradually increase the minimum hourly wage an employer must pay a tipped worker, over the course of five years, on the following schedule:

- To 64% of the state minimum wage on January 1, 2025;
- To 73% of the state minimum wage on January 1, 2026;
- To 82% of the state minimum wage on January 1, 2027;
- To 91% of the state minimum wage on January 1, 2028; and
- To 100% of the state minimum wage on January 1, 2029.

The proposed law would require employers to continue to pay tipped workers the difference between the state minimum wage and the total amount a tipped worker receives in hourly wages plus tips through the end of 2028. The proposed law would also permit employers to calculate this difference over the entire weekly or bi-weekly payroll period. The requirement to pay this difference would cease when the required hourly wage for tipped workers would become 100% of the state minimum wage on January 1, 2029.

Under the proposed law, if an employer pays its workers an hourly wage that is at least the state minimum wage, the employer would be permitted to administer a "tip pool" that combines all the tips given by customers to tipped workers and distributes them among all the workers, including non-tipped workers.

**A YES VOTE** would increase the minimum hourly wage an employer must pay a tipped worker to the full state minimum wage implemented over five years, at which point employers could pool all tips and distribute them to all non-management workers.

**A NO VOTE** would make no change in the law governing tip pooling or the minimum wage for tipped workers.

YES/贊成 ☐

NO/反對 ☐

### 第 5 項議題

公民提案或眾議院的法律

您是否贊成以下概述的法律？在 2024 年 5 月 1 日前，參議院或眾議院均未對該法律進行表決。

#### 摘要

這項法律草案將在五年內逐步提高雇主必須支付給收小費員工的最低時薪，時程如下：

- 2025 年 1 月 1 日起，達到州最低工資的 64%；
- 2026 年 1 月 1 日起，達到州最低工資的 73%；
- 2027 年 1 月 1 日起，達到州最低工資的 82%；
- 2028 年 1 月 1 日起，達到州最低工資的 91%；以及
- 2029 年 1 月 1 日起，達到州最低工資的 100%。

該法律草案將要求雇主在 2028 年年底以前，持續向收小費員工支付州最低工資與該工作者時薪加小費所得總額之間的差額。該法律草案也將允許雇主以每週或每週兩次發薪週期為單位計算上述差額。若收小費員工的規定時薪在 2029 年 1 月 1 日達到州最低工資的 100%，雇主將不再需要支付上述差額。

根據法律草案，若雇主支付員工的時薪至少達到州最低工資，該雇主將被允許施行「小費池」制度，將顧客給予所有收小費員工的小費集中後，分配給所有員工，包括非收小費員工。

**投下贊成票**，將會在五年內逐步提高雇主必須支付給收小費員工的最低時薪，最終達到州最低工資全額，屆時雇主可以共享所有小費，並將其分配給所有非管理階層員工。

**投下反對票**，將不會改變規範小費共享或收小費員工最低工資的現行法律。

Cont'd From Page 15

A yes vote on Question 2 would eliminate the requirement that students pass the Massachusetts Comprehensive Assessment System (MCAS) in order to graduate high school but still require students to complete coursework that meets state standards. A no vote would make no change in the law relative to the requirement that a student pass the MCAS in order to graduate high school.

A yes vote on Question 3 would provide transportation network drivers the option to form unions to collectively bargain with transportation network companies regarding wages, benefits, and terms and conditions of work. A no vote would make no change in the law relative to the ability of transportation network drivers to form unions.

A yes vote on Question 4 would allow persons over

age 21 to use certain natural psychedelic substances under licensed supervision and to grow and possess limited quantities of those substances in their home, and would create a commission to regulate those substances. A no vote would make no change in the law regarding natural psychedelic substances.

A yes vote on Question 5 would increase the minimum hourly wage an employer must pay a tipped worker to the full state minimum wage implemented over five years, at which point employers could pool all tips and distribute them to all non-management workers. A no vote would make no change in the law governing tip pooling or the minimum wage for tipped workers.

The summary for each question can be found in the composite sample ballot printed in this week's edition of The Quincy Sun.

## Galvin Offers Advice For Those Voting By Mail

If you are among the thousands of voters who plan to vote by mail in the Nov. 5th election, Secretary of State William Galvin has some advice: vote and mail as soon as you can.

Appearing on Channel 5's "On the Record" program Sunday, Galvin said the state is attempting to "circumvent" potential challenges resulting from personnel shortages and union and administrative issues within the United States Postal Service that could slow the delivery of mail-in ballots.

He is urging voters to follow a USPS-backed mail-in deadline: seven days before Nov. 5 (which is Tuesday, Oct. 29). Galvin said because of postal service operations, if Massachusetts voters are choosing to mail-in their ballots, they need to get them in at least one week before Election Day. After that? They should take their ballots to a local election office or drop box.

If voters already know how they're choosing to vote, Galvin urged them to fill out their ballots and pop them back in the mail "right away."

More Quincy news:

The Quincy Sun.com





**MEMBERS** of the Quincy Fire Department's Dive Rescue Unit pose outside departmental headquarters. From left: FF Mike Toran, FF Brendan Gibbons, Lt. Shawn Darcey, FF Paul Cuniff, FF Steve Conroy, FF Evan Darcey, FF Jason Walker, Lt. Cody Daniels, FF Joshua Rodriguez, FF Shawn Grady, FF Mike Griffith, FF Adam Dacey, FF Mike Martorano, FF Tom Bowes (union president), Lt. Dave DeYoung, FF Bill Eastwick, FF Andy Moccia, FF Justin Drum, FF Mike Bina, Lt. Gerry Shea, Lt. Ed Rossini, FF Dena Spencer, FF Dan Garrett, Deputy Chief Tim Burchill, Fire Chief Joseph Jackson, Police Lt. Bob Gillan QPD and Wayne Gomer of Divers Market in Plymouth. Not pictured are firefighters Steve Kelley, Mike Eastwick, JJ Hensley, James Mullaney and Mark Wipfler.

Photo Courtesy Quincy Fire Department

## QFD Training New 25-Member Dive Rescue Team

Cont'd From Page 1

"We on the other hand become the rescue side of it and we are the fast-acting ones. We get the phone call – 'a guy is in the water, he's drowning' – we put ourselves together within minutes and try to get to the scene and gear up and get to work within that 10- to 15-minute round. So we're going to be on the rescue side."

"With our discussions early on two years ago with the police, we felt it was the time to put a rescue team in and really have the whole package now for the city of Quincy."

The Fire Department began the process of seeking a grant for the new dive team in 2022, Burchill said. The department was awarded a \$300,000 Urban Area Security Initiative (UASI) grant from the Federal Emergency Management Agency (FEMA) in 2023 and used those funds to acquire diving gear, including drysuits, as well as the certifications the divers would need to obtain.

"With that grant we start-

ed with 15 men to outfit and certify. We went through a whole testing process which department wide, anyone who was interested came in and did the testing. We had a swim test at the Lincoln-Hancock pool. The Police Department were like a third party that helped us say pick the men. And at that time Lt. [Bob] Gillan of the Quincy police decided all 25 were worthwhile people to gear up," Burchill said.

"So we used the \$300,000. We've got dry suits, all the diving gear, which includes dry suits, which are very expensive. It also included certifications from open water, guys who had never been diving before, all the way up to rescue diver. So, we have 25 guys now who are certified rescue divers and they are completely suited with their dive equipment."

The Dive Rescue Unit

was established on Aug. 1. Burchill said it would probably take a year for the unit to get up and running.

"We're still in the infancy stages. There is a lot to scuba diving. Just putting on the gear itself, you need to be very comfortable in what you're doing. You have to be very proficient in how it operates. I often say I'd rather be in a fire and run out of air than be at the bottom of the ocean or underwater and then run out of air," Burchill said.

"Our training will take place from this point on. We will start our actual rescue stuff, communications, land training so we know how to handle things on land going into the water, set up our hot zones, cold zones and warm zones. I would believe that we will be ready to roll in the water, I'm going to say probably a year from now. I say that only because it's

going to be a lot of training, training and training to prepare ourselves to get in the water. It's something that you just don't get a certification and then start doing it. There is a lot more to it than that."

The dive team has been able to train on the water and at the Lincoln-Hancock pool. It does land-based train as well.

"Right now our schedule is set up that we will be doing monthly trainings," Burchill said. "It will consist of either right on the water – ocean, ponds, whatever is available to us – during say the spring, summer and fall months. We've got the Lincoln-Hancock pool for any training in the off-season. Then also a lot of our training will be on land as

far as our communications and search patterns."

The Police Department has assisted the Fire Department in training the new unit, Burchill said.

"QPD provided all the boats, the police boats. When we did our open water training, they're the ones who took us to dive sites. We've worked with QPD

Cont'd On Page 27

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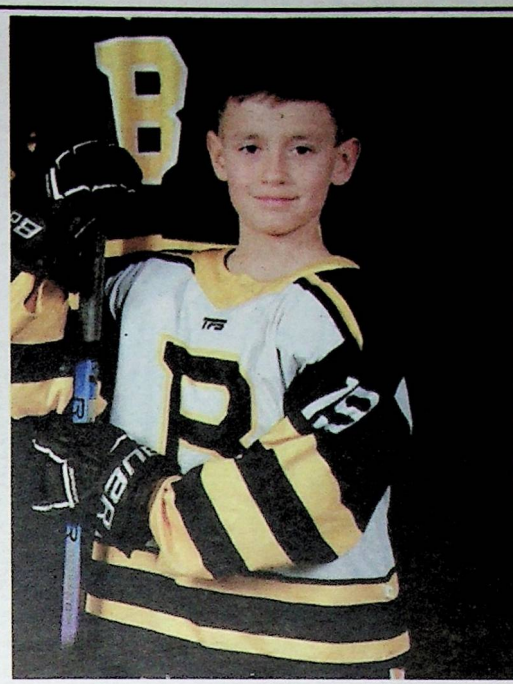




JACK DOLLARD



TEAGAN GILSON



MICHAEL COLEMAN

## Three Boys From Squantum Headed To Quebec, Canada

*Representing USA With The Greater Boston Junior Bruins Hockey Team*

Jack Dollard #5, Teagan Gilson #6, and Michael Coleman #19, all of Squantum, and students at Atlantic Middle School, are three of the 19 players headed to Quebec this winter representing the USA on the Greater Boston Junior Bruins hockey team.

They will travel to Canada to participate in the 65th

Annual Quebec International Pee-Wee Tournament, often referred to as "The Q" in the hockey community. This is a unique experience that many say is a once-in-a-lifetime event for any hockey player, and these three best friends have the added bonus of going together.

Teagan, Michael and Jack, all 12 years old, at-

tribute their hockey chemistry to hundreds of hours playing pick-up games in their neighborhood as well as training together across a number of sports. They began playing for Quincy Youth Hockey when they were 6/7 years old and have since won three Hockey Conference Championships together in the past four

years, a bronze medal in Lake Placid at the Canadian Hockey Enterprise tournament in 2023, and this past summer they took home the Continental Youth Championship for both Gaelic Football and Hurling with St. Brendan's of Dorchester. In addition to QYH they have each played on various club teams like the

Vikings, South Shore Dynamos, Lovell Winter Club and now have all made the coveted Boston Junior Bruins team together over the last three years, with Teagan coming to the team this year. They are working hard on and off the ice, running cross-country together for Atlantic Middle School, and spending countless hours at

the Squantum street hockey court to put their best "skate" forward in this highly competitive tournament. When asked what they hope to achieve in Quebec, they say they want to make their families, teammates, and Quincy proud.

The Greater Boston Junior Bruins is special in its tradition in that they were the first team invited from

*Cont'd On Page 19*



## VOTE BY MAIL

**IN THE NOVEMBER 5, 2024**

## MASSACHUSETTS STATE ELECTION

You may apply for a ballot by mail online at

[www.MailMyBallotMA.com](http://www.MailMyBallotMA.com)

Applications may also be requested by calling the Quincy Election Office at

617-376-1144

TO RECEIVE A BALLOT BY MAIL FOR THE 2024 STATE ELECTION, APPLICATIONS MUST BE RECEIVED BY THE ELECTION DEPARTMENT BY

5:00PM ON TUESDAY, OCTOBER 29, 2024

## MASSACHUSETTS STATE ELECTION

**Tuesday, November 5, 2024**

**Last Day To Register To Vote**

**Saturday, October 26, 2024**

Voter Registration Can Be Done at City Hall

1305 Hancock St.

8:30 AM - 5:00 PM or

at [www.sec.state.ma.us/OVR](http://www.sec.state.ma.us/OVR)



**Board of Registrars**

**Nicole Crispo, City Clerk**

**Bonnie C. Marcel**

**John Carl Swanson**

**John P. Dumas**



# Three Boys From Squantum Headed To Quebec, Canada

Cont'd From Page 18

the United States to play in this tournament and have been invited back each year for over 60 years. Twenty five of those years have been under the direction of Junior Bruins owner, Michael Cashman and his wife Carol, who spend endless hours volunteering their time to this beloved team. During the regular season, the team plays in the Elite-9 Hockey League and has the unique feature of being run as a nonprofit.

They practice out of Reilly Memorial Rink in Brighton, with players from

Jamaica Plain, Brookline, Waltham, Natick, Dorchester, Milton, and other surrounding towns on their roster.

This team will travel to Quebec City for 10 days this February, where they will be staying with French speaking billet families and playing teams from all around the world. The event typically attracts over 200,000 spectators and participants, and will be televised on national and international platforms.

Mr. Cashman and his wife say the purpose of this tournament is to not only

provide the players with a competitive hockey opportunity, but also an invaluable cultural exchange experience. Last year, 120 teams from 18 countries participated in the tournament. The boys will also be participating in the traditional "swapping of the pins" with players from other countries as well as have the opportunity to make friends for a lifetime.

In addition to training hard three times a week, the team must raise over \$45,000 to attend the Q. Jack, Teagan and Michael will be soliciting contribu-

tions from local merchants, family and friends over the next few months. If you would like to make a donation in any amount, small or large, to the "3 boys from

Quincy," you could use Venmo @Quebec2025 or mail a check made out to The Greater Boston Junior Bruins at P.O. Box 320186, West Roxbury, MA 02132 (please

put "3 Quincy Boys" in notes). They would greatly appreciate it!

Greater Boston Junior Bruins is a non-profit.

TAX ID# 46-3797257

## Merry Men Foundation Vs. Bruins Alumni In Charity Hockey Game Oct. 26

The Merry Men Foundation will host a charity hockey game featuring the Merry Men Foundation vs. Boston Bruins Alumni Saturday, Oct. 26 at 2 p.m. at the Quincy Youth Arena, 60 Murphy Memorial Dr., Quincy.

"We hope the game can give families an opportunity to experience a Bruins game without the high price tag, while also bringing the Quincy community together," said a spokesperson for the Merry Men Foundation.

The Merry Men Foun-

dation is a Quincy-based nonprofit organization committed to providing holiday assistance to local families in need. The group held its first Kids Christmas Party in 2021 raising \$10,000 split between two families with a parent with cancer.

Since 2021, the Quincy community has rallied for the Merry Men Foundation and members have hosted two more Christmas Parties and other smaller events that have totaled over \$140,000 being donated to local families and programs in need.

After the charity hockey game Oct. 26, the Foundation will be hosting a 21+ Halloween Party at Granite Links where a portion of ticket sales will be donated to local families. Tickets can be purchased at the door or through eventbrite.com.

There will also be a benefit Christmas Party Dec. 14th at Granite Links.

For more information you can follow us on instagram @merrymenfoundation or email merrymenfoundation@gmail.com.

**MERRY MEN FOUNDATION**



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**2:00PM**

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## EARLY VOTING FOR THE NOVEMBER 5, 2024 STATE ELECTION

You can early vote at

Central Middle School 875 Hancock St.

Saturday, October 19<sup>th</sup> & Sunday, October 20<sup>th</sup>

8:30AM - 4:30PM or at

Quincy City Hall 1305 Hancock St.

Monday, October 21<sup>st</sup> – Friday, November 1<sup>st</sup>

8:30AM – 4:30PM

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## ABSENTEE VOTING MASSACHUSETTS STATE ELECTION

**TUESDAY, NOVEMBER 5, 2024**

**Absentee ballots are available for the 2024 State Election.**

Voters may vote in person at City Hall

Monday – Friday 8:30AM - 4:30PM until

Monday, November 4, 2024 at 12:00PM



# NQ Football Improves To 3-1 With Win Over Cohasset

By TOM JOYCE

The secondary shined as the North Quincy High football team picked up a road win last Friday night.

The Raiders intercepted the Cohasset Skippers four times en route to a 28-21 victory. With the win, the Raiders improved to 3-1 on the season.

The Raiders started the game with the ball and picked up some yards early. Gavin Brown had a 20-yard sweep, and Mikey Galligan had a 20-yard pass to Marques Rodrigues-Smith to get the ball to the opposing 20-yard line. However, the team's drive stalled from there. A one-yard loss on a run and a five-yard penalty brought up second-and-16, and the Raiders never recovered. They had a one-yard run and an incomplete pass before punting. The punt went to the 32-yard line.

The Raiders' defense shined on its first stand, forcing a three-and-out. Cohasset's first two runs went just two yards combined, as Muhamed Alzubaidy and Brady Craig came up with tackles. Then, Cohasset had a 10-yard punt after throwing an incomplete pass.

This set up the first touchdown drive of the game.

Galligan shined on the drive. He had a 10-yard first-down pass to Ryan Wirtz and a 22-yard quarterback keeper to bring the ball to

the red zone. A holding penalty complicated the drive, but Galligan finished it with a 17-yard touchdown pass to Cam Sampson on fourth-and-12. Alvin Nikola's extra point kick was good, putting the Raiders up 7-0 with 4:50 left in the first quarter.

Cohasset tied things up on the next drive. The Skippers picked up a first down around midfield thanks to an offside penalty against the Raiders on fourth-and-one. Shortly after that, the team had a 46-yard touchdown pass where most of the yards came after the catch. The extra-point kick was good, tying things at 7-7 with 49 seconds left in the first quarter.

Then, Cohasset scored again. The team pulled off an onside kick and got the ball around midfield. Cohasset picked up first downs on an option pitch and a 19-yard pass. This brought them into the red zone, and a five-yard offside penalty got them to the six-yard line. Eventually, Cohasset tossed a four-yard touchdown pass; its extra-point kick was good, making it 14-7 with 10:21 left in the first half.

However, Cohasset tried the onside kick again – and it backfired. The Raiders recovered around midfield this time and ended up scoring again. On this drive, Galligan had three passes

to Wirtz for a combined 50 yards: a 25-yarder that got the team to the 22-yard line, a 15-yarder following a holding penalty that brought them to the 10-yard line, and a 10-yard touchdown pass with 7:59 left in the first half. The extra-point attempt succeeded, making it 14-14.

From there, the Raiders forced a Cohasset punt, and the two teams traded interceptions. Marques Rodrigues-Smith got his interception at the Cohasset 30-yard line. The Raiders capitalized on this field position.

Rodrigues-Smith got the team a first down with an 11-yard reception on a pass from Galligan. After that, Galligan tossed a 19-yard touchdown pass to Tyler Cromwell. The point-after kick was good, putting the Raiders up 21-14 with 1:11 left in the first half.

Cohasset tried to score late in the first half, but their attempt failed. With two seconds left in the half, Ryan Wirtz intercepted the home team in the end zone. The Raiders then knelt the ball to end the first half.

Neither team scored in the third quarter, though the Raiders came close.

The two sides started the second half by trading punts. Cohasset also punted on its second drive after Ronan Brown broke up a

third-and-long pass, but the team pinned the Raiders at the four-yard line.

The Raiders gained 85 yards on the long, methodical drive before they could not score. Galligan had a few first-down passes and a first-down run; Gavin Brown also had a first-down run. However, from 11 yards out, Cohasset intercepted the Raiders in the end zone with 11 seconds left in the third quarter.

Yet, Cohasset's next drive didn't go well. A holding penalty set the team back 10 yards, and Ryan Wirtz intercepted the home team at the 40-yard line a couple of plays later, giving the Raiders the ball back.

The Raiders took a huge risk on their next drive. It paid off. On fourth-and-12 from the 32-yard line, they went for it; a 13-yard pass from Galligan to Wirtz succeeded, putting the ball on the 19-yard line.

Then, the Raiders converted on fourth down again. Galligan hit Cromwell with an 18-yard touchdown pass on fourth-and-nine with 6:55 left in the game; the extra-point kick was good, putting the Raiders up 28-14.

Cohasset looked deep on its next drive – and saw a familiar result: an interception. Rodrigues-Smith intercepted Cohasset at round the Raiders' 35-yard line halfway through the fourth quarter.

When the Raiders got the ball back, Cohasset forced a three-and-out. The Raiders punted to about midfield.

Cohasset capitalized on this field position. It converted a six-yard fourth-and-five pass to get to the 39-yard line; a 25-yard completion brought the team to the 14-yard line, and a pass interference call put Cohasset seven yards from the end zone. Cohasset had a seven-yard sweep and an extra point kick with 2:45 remaining to make it 28-21.

The Raiders recovered a squib kick and looked to the ground on their newfound possession. Galligan crossed midfield on a naked bootleg, gaining over 10 yards on second down to keep the clock moving. The Raiders then picked up seven rushing yards on three plays up the middle, bringing up fourth down; the Raiders took a timeout with 38 seconds remaining.

Galligan picked up another first down on a bootleg on fourth-and-three. Then, the Raiders went to victory

formation, took a knee, and ended the game.

Galligan completed 16 out of 33 passes for 224 yards and also carried the ball 14 times for 66 yards.

Ryan Wirtz led the NQ receivers with 83 yards on 7 receptions and a TD. Cam Sampson caught three balls for 48 yards including a touchdown and Tyler Cromwell had two touchdown receptions (totalling 37 yards).

On defense, Tim To-land record six solo tackles. Wirtz and Marques Rodrigues-Smith each had a pair of interceptions for NQ.

The Raiders will host Plymouth South Friday, Oct. 11 at 7 p.m. at Veterans' Memorial Stadium.

The Quincy Presidents visit Pembroke Friday, Oct. 11 at 7 p.m. Quincy defeated Braintree 22-7 Oct. 4 to even its season record to 2-2.

## Q-NQ Football Hall Of Fame Nominations

The Quincy-North Quincy Football Hall of Fame is accepting nominations for induction into the Hall of Fame. The deadline to submit nominations is Tuesday, Oct. 15th.

In order to be eligible for consideration, a nominee must be from the Class of 2014 or prior (10-year waiting period). Individuals nominating should include any awards, accolades or honors the nominees received while they were playing at Quincy or North Quincy High School. A nomination form appears below. Nomination forms can be filled out and sent to scampbell0714@yahoo.com or mailed to Scott Campbell: 41 Rockland St., Quincy, MA 02169.

The Hall of Fame banquet will be held in the Granite Links Ballroom on Tuesday, Nov. 26, 2024. For more information, visit Quincy-North Quincy Football Hall of Fame on Facebook.

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(\* PLEASE FILL OUT REQUIRED FIELDS)

\*NAME OF NOMINEE: \_\_\_\_\_

\* SCHOOL: \_\_\_\_\_ \* GRADUATION YEAR: \_\_\_\_\_

\* YEARS PLAYED: \_\_\_\_\_ TO \_\_\_\_\_

\* ADDRESS: \_\_\_\_\_

\* CITY: \_\_\_\_\_ \* STATE: \_\_\_\_\_ \* ZIP: \_\_\_\_\_

\* CONTACT NUMBER FOR NOMINEE: ( ) \_\_\_\_\_

\* EMAIL ADDRESS: \_\_\_\_\_

\* BIOGRAPHICAL INFO: (PLEASE USE SEPARATE SHEET IF NECESSARY)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\* YOUR NAME: \_\_\_\_\_ \* PHONE: ( ) \_\_\_\_\_

ALL NOMINATIONS MUST BE SUBMITTED BY USPS OR EMAIL NO LATER THAN OCTOBER 15, 2024

MAIL TO:  
QNQ HALL OF FAME  
C/O SCOTT CAMPBELL  
41 ROCKLAND ST  
QUINCY, MA 02169

EMAIL TO:  
QNQFOOTBALLHALL@GMAIL.COM  
SUBJECT LINE: NOMINATIONS FOR 2024  
CALL: SCOTT CAMPBELL - 857-939-9692



# Quincy Girls' Volleyball Defeats W-H, Scituate

By TOM JOYCE

Both sides competed hard, but the Quincy High girls' volleyball team prevailed.

The Quincy Presidents hosted the Whitman-Hanson Panthers on Oct. 2, in a game with four hotly-contested sets. The Presidents pulled ahead late in sets on their way to a 3-1 victory. Two days later the Presidents blanked Scituate 3-0 to improve to 12-1 on the season.

Against Whitman-Hanson, the Presidents took the first set, but winning it required a strong comeback.

At one point, the Presidents trailed by five points, 18-13, so it looked like they were in trouble. However, a 5-0 run tied the set at 18

apiece; during the run, Destiny Francis had a kill, Whitman-Hanson had a hitting error after Alyssa Hopps hit the ball to their side, Francis had an ace, Kyrie Blue had a kill, and Whitman-Hanson smacked the ball out of bounds.

With the Presidents leading by one point, 21-20, later in the set, the team had a 3-0 run; Hopps started it with a spike, then Francesca Diaz had an ace while serving, and Ella Roche had a kill. Whitman-Hanson then got two points, but Blue closed out the set with a point; she had a hit Whitman-Hanson failed to return. The Presidents won the set 25-22.

The Presidents also grabbed the second set, squashing a potential Whit-

man-Hanson comeback. The visiting team had back-to-back kills late in the set, tying things at 23 apiece. However, the Presidents pulled it off again. Diaz shined late in this set. She tapped the ball over the net for a kill to give the team a one-point lead; setter Rory Kennedy had the assist on the point. Then, Diaz served up an ace, giving the Presidents the final point they needed to take the set 25-23.

Though Whitman-Hanson dropped the first two sets, both of which were highly competitive, the team avoided the sweep. The visitors got off to a hot start in the third set, and the Presidents could not come back. Leading 3-2 early, Whitman-Hanson had a 5-0

run that put it up 8-2. From there, the Presidents played from behind for the rest of the set. After that run, however, the two sides were evenly matched, so Whitman-Hanson maintained that six-point advantage, ultimately taking the set 25-19. Even though Whitman-Hanson lost the match, the six-point set win was the largest margin of victory of any of the four sets.

The fourth set had a couple of lead changes, but the Presidents were sharp when it counted most.

The Presidents trailed 16-12 following a Whitman-Hanson spike but responded with an 8-0 to give themselves a 20-16 advantage. Kennedy served for much of that run, and Francis excelled up front, racking up five kills during this stretch. Whitman-Hanson responded with a 4-0 run of its own,

tying things at 20 apiece. However, the Presidents finished the set on a 5-1 run to take it 25-21.

Roche had a kill and an ace to start the run. Whitman-Hanson then had a kill but gave the Presidents a point with an out-of-bounds hit. An ace from Francis made it 24-21, then a spike attempt from Whitman-Hanson that went out of bounds ended the game, giving the Presidents a 25-21 win in the fourth set.

The Presidents have an experienced team this season, with 10 seniors on their roster. The roster for the Presidents this season includes: senior middle hitter/rightside Charlotte Donovan, freshman setter/rightside Evalyn Catrambone, senior defensive specialist Shie Nguyen, senior outside hitter/rightside Raysa Difour, sophomore outside

hitter/defensive specialist Francesca Diaz, sophomore middle hitter/outside/rightside Misty Ly, senior rightside hitter Callie Alessandro, senior middle hitter/outside Destiny Francis, senior rightside hitter/outside/middle Alyssa Hopps, senior defensive specialist Zoe Scibelli, senior outside hitter/defensive specialist Ella Roche, senior middle hitter Kyrie Blue, junior defensive specialist/rightside Sariah Thiha Wong, junior defensive specialist Angel Le, senior outside hitter/defensive specialist Rachel Da Silva, sophomore setter Rory Kennedy, and sophomore setter/rightside hitter Evalyn Catrambone. Jacqui Niosi is the team's head coach.

The Presidents take on Plymouth South Thursday, Oct. 10 on the road (5:15 p.m. start time).

## Friends Of Wollaston Beach Annual Meeting Oct. 20

The Friends of Wollaston Beach (FWB) will conduct its Annual Meeting on Sunday, Oct. 20, from 1 to 3 p.m. at the Wollaston Yacht Club, 692 Quincy Shore Dr., Quincy.

The meeting will include election of officers for 2025, a wrap up of the season's events, plans for the future, presentation of Certificates of Appreciation, and a brief report on the Metropolitan Beaches Commission.

In addition to incoming officers, Friends of Wollaston Beach is always looking for volunteers to help with the various programs and outreach activities for FWB. Contact Maureen Mazrimas at friendswollastonbeach@gmail.com if you would like to become involved.

Meeting speaker Kerry Malloy Snyder, JD, managing director for Community Resilience for the Nepon-

set River Watershed Association (NepRWA), will give an overview of what NepRWA is doing to educate citizens on becoming better stewards of this wonderful resource.

Light refreshments will be served.

For further information, go to friendsofwollaston.com, or contact Maureen Mazrimas at friendswollastonbeach@gmail.com.

## QNC Cross-Country Girls Defeat Plymouth South, 21-35

QNC XC Girls vs Plymouth South 10/1/24 Pageant Field 2.5 miles QNC 21 PS 35

| Place | First Name | Last Name    | Gender | Grade | Team         | Time  | Division |
|-------|------------|--------------|--------|-------|--------------|-------|----------|
| 1     | Maddy      | McGillicuddy | F      | 11    | North Quincy | 16:04 | 1        |
| 3     | Ada        | Cote         | F      | 10    | North Quincy | 16:30 | 1        |
| 4     | Caroline   | Zuffante     | F      | 10    | North Quincy | 17:24 | 1        |
| 6     | Zoe        | Nelson       | F      | 10    | North Quincy | 17:40 | 1        |
| 7     | Amelija    | Slezas       | F      | 11    | North Quincy | 17:55 | 1        |
| 10    | Guliana    | Wilkinson    | F      | 10    | North Quincy | 19:24 | 1        |
| 14    | Mary       | McNally      | F      | 10    | North Quincy | 23:57 | 1        |
| 15    | Ava        | Hathaway     | F      | 9     | North Quincy | 24:38 | 1        |
| 16    | Isabel     | Hagstrom     | F      | 11    | North Quincy | 24:40 | 1        |
| 17    | Jomana     | Kmail        | F      | 12    | North Quincy | 24:45 | 1        |

## Boys Bow To Plymouth South, 15-45

QNC XC Boys vs Plymouth South 10/1/24 Pageant Field 2.5 miles PS 15 QNC 45

| Place | First Name  | Last Name | Gender | Grade | Team         | Time  | Division |
|-------|-------------|-----------|--------|-------|--------------|-------|----------|
| 6     | David       | Schmidt   | M      | 11    | North Quincy | 14:24 |          |
| 7     | Wilson      | Chen      | M      | 10    | North Quincy | 14:30 |          |
| 9     | Jayden      | Anderson  | M      | 10    | North Quincy | 14:36 |          |
| 14    | Liam        | Murphy    | M      | 10    | North Quincy | 15:40 |          |
| 15    | Carter      | Bishop    | M      | 11    | North Quincy | 15:42 |          |
| 17    | Jayden      | Zhong     | M      | 10    | North Quincy | 16:00 |          |
| 18    | Jacob       | Lai       | M      | 12    | North Quincy | 16:07 |          |
| 19    | Nathan      | Feldman   | M      | 11    | North Quincy | 16:09 |          |
| 20    | Warrick     | Quon      | M      | 10    | North Quincy | 16:13 |          |
| 24    | Cooper      | Nelson    | M      | 9     | North Quincy | 16:25 |          |
| 26    | Max         | Francouer | M      | 11    | North Quincy | 16:33 |          |
| 29    | Saksham     | Nagmoti   | M      | 10    | North Quincy | 17:07 |          |
| 30    | Ivan        | Jiang     | M      | 9     | North Quincy | 17:19 |          |
| 32    | Tyler       | Sharkey   | M      | 10    | North Quincy | 17:36 |          |
| 34    | Armand      | D'Attilio | M      | 9     | North Quincy | 17:57 |          |
| 37    | Andrew      | Perkins   | M      | 10    | North Quincy | 18:02 |          |
| 41    | Iman        | Habib     | M      | 9     | North Quincy | 19:14 |          |
| 42    | Lam         | Tran      | M      | 9     | North Quincy | 19:19 |          |
| 43    | Jonathan    | Zhu       | M      | 11    | North Quincy | 19:24 |          |
| 45    | Brian       | Zhu       | M      | 9     | North Quincy | 19:30 |          |
| 46    | Raymond     | Zheng     | M      | 9     | North Quincy | 19:34 |          |
| 47    | Edison      | Li        | M      | 9     | North Quincy | 19:39 |          |
| 48    | Christopher | Zhu       | M      | 9     | North Quincy | 19:44 |          |
| 49    | Joshua      | Chen      | M      | 9     | North Quincy | 20:07 |          |
| 50    | Kieran      | Feldman   | M      | 10    | North Quincy | 21:06 |          |
| 51    | Chenrui     | Zheng     | M      | 9     | North Quincy | 21:27 |          |
| 52    | Pat         | Clifford  | M      | 11    | North Quincy | 22:01 |          |
| 53    | Nick        | D'Angelo  | M      | 9     | North Quincy | 22:21 |          |
| 54    | Syed        | Ahmed     | M      | 9     | North Quincy | 24:02 |          |

## October Is Missions Month At QPCC

This week, Quincy Point Congregational Church is excited to hear from Leslie Bridson of the McKinney Vento Program for Quincy Public Schools. The public is invited on Sunday, Oct. 13 at 10 a.m. for worship at the church, located at 444 Washington St.

Following the service, all are invited for fellowship and light refreshments in the Social Hall, hosted by the Diaconate.

Looking ahead, on Oct. 20, the church will continue celebrating Missions Month with guest speakers Barbara Anderson and Judy Mackenzie, directors of All Hands In. This non-profit organization works to raise awareness about local human trafficking through presentations and events,

selling fair trade items that support survivors.

Missions Month will extend into November with more events—stay tuned for further details.

Save the Date: Winter Woodland Holiday Fair

Mark your calendar for Saturday, Dec. 7, from 9 a.m. to 3 p.m. for the QPCC Winter Woodland Holiday Fair in the Social Hall. During the fair, you can purchase the Quincy Point Narrative Cookbook, with all proceeds supporting Project Everyday Essentials. This project provides Quincy Public School students with the essentials they need—like winter coats, school supplies, and personal care items—to help them stay warm, focused, and prepared for the school day.

Funds will be administered through the McKinney-Vento Program, ensuring they reach students in need.

Quincy Point Congregational Church prioritizes accessibility. There is an elevator on the Abbey Road side of the building, and an all-access restroom is available.

Those unable to attend the service in person can still worship through the live-streamed service, every Sunday at 10 a.m. on YouTube, Vimeo, Facebook, and the church website at www.quincypointcong.org. Missed a service? You can catch up on these platforms anytime. Additionally, worship services air on QATV Channel 8 every Sunday at 11:30 a.m. and Wednesday at 6 p.m.

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# \$1.8 Million Approved For New Squantum School

By SCOTT JACKSON

The City Council on Monday approved borrowing \$1.8 million to pay for preliminary work on the new Squantum Elementary School, funding that will help set the stage for the installation of modular classrooms next summer.

City councillors approved the funding request in an 8-0 vote. Ward 1 Councillor David McCarthy was not in attendance Monday.

Monday's bond was the third approved for the new school to date, following a \$1.5 million bond passed

in May 2022 that allowed the design process to begin and a \$1 million bond that was passed this past June and paid for work that took place over the summer. Paul Hines, the city's commissioner of public buildings, on Monday said the total project cost is estimated at just under \$109 million, inclusive of the bonds approved so far. The Massachusetts School Building Authority (MSBA) will reimburse the city for a portion of those project costs.

The Squantum Elementary School project is on the agenda for the Oct. 30 meet-

ing of the MSBA's board of directors, Hines said, and the city anticipates a favorable vote. He said the \$1.8 million in preliminary funding was needed to keep the project on the scheduled timeline.

"The next summer – the summer of '25 – there is a lot of work that needs to be done and if it's not done the next summer, then that throws off the sequencing with the project and the calendar year for the schools and the construction schedule," Hines said.

"Just last week we opened the bids for the modular classrooms. We need to get them on site early summer. We need to put foundations in the ground, we need to wire them into life-saving systems of the 1971 building and also divorce the 1971 building from the remaining structures that will be demolished to create the new building."

"So, timing is very, very critical here," Hines added. "If we don't get that running and do it right, we face two mobilizations for demolition of the building. We face moving the students partway through the school year. We face not having the electrical gear when we need, and with the results

of the last couple hurricanes in the southeastern United States, the critical supply chain issues with electrical gear are only going to get worse."

Hines on Monday also announced that Quincy-based Lee Kennedy Company had been chosen as the construction manager at-risk for the project. Nine companies bid for that contract and Lee Kennedy's bid was almost \$2 million higher than the next two candidates, Hines said, but the project team was able to negotiate a \$1.9 million reduction in those fees.

"They are quite anxious to do this job and we are quite anxious to have them," Hines said. "This funding also helps us to bring them on board and get out the early packages to help us achieve our goals for next summer."

Ward 6 Councillor William Harris, whose district includes Squantum, thanked Hines for the work he had put into the project.

"You've obviously put a lot of work into this," Harris said. "This is something that is so long overdue. The timeline is so vital."

Located on Huckins Avenue, the Squantum Elementary School first opened

in 1919 and additions were made to the building in 1949 and 1971. The city plans to retain and renovate the 1919 section, demolish the additions, and build the new school around the original portion. The 1919 section would envelope a central courtyard that would feature an outdoor classroom.

Once complete, the new building will have 80,000 square feet of space and enough room for 380 students. The current school has 45,000 square feet of space and an enrollment of around 300 students.

The city hopes to begin construction on the Squantum Elementary School in the fall of 2025 and open the new facility in September 2027, Supt. Kevin Mulvey said in an interview this summer.

During construction, between eight and ten modular classrooms will be installed on the Standish Road side of the school, allowing all students to remain on site. Those modular classrooms would be connected to the 1971 wing of the building.

Once the new building is complete, the temporary classrooms will be removed and a new parking lot for the school will be finished. That

parking lot on the Standish Road side will also include a drop-off and pick-up area for buses and vans.

The new gymnasium, cafeteria, and music room will all be located on the Standish Road side of the building, the side closest to the parking area. A large corridor that runs from the front of the building to the back, which the project team has dubbed a main street, will separate those spaces that could be used by the community from the classrooms in the other part of the building. That means the two sides could be isolated from one another.

As part of the project, Winslow Road, which runs behind the Squantum Elementary School, will be realigned. That will allow the drop-off and pick-up area for parents to be located there.

The park space behind the school, known as the Wendell Moses Playground, will remain open during construction, though some of it will be used for staging. The area above the new geothermal wells being installed there will be restored once the installation of the wells is complete. The playground on site will be expanded as part of the project.

## Beware Investment Scams

By PAULA FLEMING  
Better Business Bureau

Money-flipping cons and investment scams have been on the rise for years. Since 2020, BBB has received more than 4,000 reports from consumers about investment scams, many of which involved cryptocurrency. Traditionally, these scams have taken the form of long-term romance scams to slowly gain the trust of their targets.

More recently, however, these scams have taken to social media platforms, where scammers can more quickly target a larger audience and steal your money and personal information. BBB Scam Tracker frequently receives reports of cryptocurrency scammers on TikTok. Here's what you need to know.

### How the scam works

You're scrolling through TikTok when you receive a direct message from a user asking if you're interested in investing. The user's profile seems legitimate, and the company's website looks real. You may also encounter a user sharing videos of piles of cash, saying you can earn that much money through cryptocurrency investments, too.

You decide to engage with the user, and they present you with a great cryptocurrency investment opportunity. For an initial investment of a few hundred dollars, your money could double or triple in just a few days! You say yes and start the investment process.

At this point, the user will ask you to communicate off social media on a different messaging app. You'll be asked to send money through a digital wallet service and potentially purchase cryptocurrency and send it to them. Then, they will "invest" the money for you, which allegedly starts multiplying immediately.

When you try to get your money back, the scammer will claim you must pay service fees. At first, these amounts may seem harmless and are just a few hundred dollars. However, if you pay one fee, the scammer will likely continue to ask for more, always promising you will get much more back than you spend.

Unfortunately, these fees are fake, and any money you send will end up in the scammer's pockets. You won't be getting a return on your investment, and you won't be getting your initial deposit back either.

How to avoid social media cryptocurrency scams:

- **Use good judgment.** Get-rich-quick schemes and investments guaranteed to give you a huge return are nearly always scams. If an offer sounds too good to be true, it probably is.

- **Do your research.** Before you contact someone through TikTok or another social media platform, look up their name, phone number, and company name (if they have one) online and on BBB.org. The investment industry is highly regulated, so be wary if investments are unregistered with the SEC or other investment industry regulators. You can also search on BBB Scam Tracker for scam reports. You'll likely find complaints online about it if they have conned others.

- **Don't give into scare tactics.** If an "investor" contacts you, they may try to convince you the investment will only work if you act right now. Or, if you've already sent them funds, they may threaten you with legal action if you don't pay their fees. In any case, don't give in to scare tactics. Recognize them as the hallmarks of a scam.

- **Understand how digital wallet services work.** Treat any money you send through a digital wallet service like cash. Once you send the money, there will be little you can do to get it back if you were scammed. Only use these apps with people you know and trust.

- **Find a trusted financial advisor to help you.** If you are interested in investing, look for BBB Accredited financial consultants to help you. Working with a vetted and reliable business can help you avoid investment scams online.

## October 2024 Director's Report Sara Slymon, Thomas Crane Public Library

By SARA SLYMON  
Director, Thomas Crane Public Library  
*Facilities & Technology*

New lighting has been installed inside the Colletti entrance to help patrons see the books on the shelves and to make it more welcoming overall.

Track lighting will be installed over the circulation desk to highlight the items featured in the cubbies from the Library of Things.

We have begun selecting fabric for the re-upholstery project in Richardson. We will be using William Morris fabrics, although we have not selected a pattern. We have also begun removing Colletti furniture from Richardson and restoring the original furniture which had migrated around the buildings to offices and meeting rooms. We hope to have the project completed by New Years as we are also striving to open the Richardson door to the public for the first time in at least 40 years, all in honor of the upcoming Quincy 400. Additionally, there will be floral installations in the alcove next to the door.

We are pursuing having the Olmsted lawn designated a separate National Historic Landmark. Our head Archivist attended the national Olmsted conference in September and learned a lot about the advantages of gaining NHL status for the lawn.

We are implementing a new system to help with some of our marketing systems, as well as data collection. The product is called Patron Point and we are waiting on OCLN to complete the required compliance pieces with our ILS.

The construction of the Reference offices in the old Book Store and the completion of the walls and ceiling in the Friends sorting area are ready to go, but must wait until some drain work on the roof is completed. Carpet, paint, and furniture have all been selected.

### Programs & Services

Our super successful semi-annual After Hours program is coming up on Oct. 25, 2024. The theme this year is Zombie Prom, so break out your formal wear and get ready to party. There will be games and music, and of course, drinks and snacks!

The Manet Community Outreach Team holds drop-in hours at the Main Library every Wednesday from 10:00 a.m. to Noon. Registered nurses are on hand to provide things like:

- harm reduction materials like Narcan, wound care kits and fentanyl test strips

- snacks, clothing, toiletries to those who need them
- referrals for SUD treatment or Medication Assisted Treatment, or referrals to a Recovery Navigator for specific help for those looking for recovery from addiction
- referrals for primary care doctors with Manet, or scheduled follow up appointments with Manet providers
- set up appointments with a health insurance navigator if someone needs help obtaining or changing health insurance plans

- appointment booking for testing for STI/Hep C/HIV.

It is not too late to register for the Fall Frenzy Reading Competition! We are competing with some of our neighboring libraries to see whose patrons can read the most. Let's all get together and do Quincy proud.

Have you ever been curious about the history of your family? Join the TCPL Genealogy Club to learn how to research and more.

Our annual Great Pumpkin Character Contest is underway for kids in the Children's Room of the Main Library. Special judges include the Library Director, Deputy Director, and Technology Director!

Sneak Preview news: The Library, the City of Quincy, and Manet Community Health have partnered to fund and administer an embedded social worker in the Main Library! More to come. If you are interested in the nationwide initiative to embed social workers in libraries you can read about it online at:

<https://www.wgbh.org/news/local/2024-05-22/massachusetts-libraries-are-boosting-their-mission-with-new-hires-social-workers>

Or Google: "social workers in libraries."

### Other

Deputy Director Kristy Lockhart completed our annual Financial Report for the MBLC. The Statistics and Financial Reports can be found on the Massachusetts Board of Library Commissioners website. This year's reports will be available next spring. The Library has qualified for our full installment of state aid.

The TCPL's annual Keep Quincy Warm initiative is underway at the Main Library. We are seeking donations of gently used coats, jackets, sweaters, sweatshirts, pants, and hats. We also welcome donations of NEW socks and underwear. All ages, all sizes.

Come visit the Friends of the Library Bookstore, many new and like new items to help you get a jump on your holiday shopping! <https://thomascranelibrary.org/bookstore/>.



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OH HOLY ST. JUDE, Apostle and  
Martyr, great in virtue and rich in  
miracles, near kinsman of Jesus  
Christ, faithful intercessor of all  
who invoke your special patron-  
age in time of need, to you I have  
recourse from the depths of my  
heart and humbly beg you to whom  
God has given such great power to  
come to my assistance and help  
me in my present and urgent peti-  
tion. In return, I promise to make  
your name known and cause you  
to be invoked. (Say 3 Our Fathers,  
Hail Marys and Glorias. Publication  
must be promised.) St. Jude, pray  
for us and all who invoke your aid.  
Amen. (This Novena has never  
been known to fail.) I have had my  
request granted.

(This Novena should be said on  
nine consecutive days.) ELB, JR.  
Prayers answered for: Dottie B.,  
Michelle H., Tom G.

*Wendy,*

*You Make  
Me Smile*

I love you Dear Lord:  
I pray for the special  
healing of my precious  
GrandDaughter, Olivia.  
Love Always, PaPa

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# OBITUARIES

## Patricia H. Cardarelli, 84

Patricia H. (Scholar) Cardarelli, age 84, of Quincy, died peacefully, Monday, September 16, 2024 at South Shore Hospital in Weymouth, surrounded by her loving family.

Patricia was born in Waterville, Maine, to the late Lewis J. and Marion L. (Blanchard) Scholar. She was raised and educated in Portland, Maine, and Dorchester. She earned an Associate degree from the Catherine Laboure School of Nursing. She lived in Quincy for the past 60 years.

Pat was proud to be a registered nurse. She was employed at the former Boston City Hospital and retired in 1998. She served as a union negotiator during her time there. Following her retirement, Pat went on to work as an administrative nurse at Quincy High School for 18 years. She formed many friendships with colleagues at both the hospital and the Quincy Public Schools.

Pat was an avid reader, and enjoyed comedy and playing cards. She was also an avid traveler. As a young woman, she enjoyed horseback riding.

Most of all, Pat was devoted to her family, especially her grandchildren, actively supporting their many activities and accomplishments. She relished time spent with them.

Devoted mother of Andrew Cardarelli and Joseph Cardarelli, both of Quincy, and predeceased by Scott DeMarco and Pamela DeMarco.

Stepmother of Peter Cardarelli and his wife Katarina of Dorchester, twins Michael Cardarelli and his wife Samm of Arizona, Mark Cardarelli of Dorchester, and predeceased by Dennis Cardarelli, Leo Cardarelli, Jr. and his surviving wife Edith of



**PATRICIA H. CARDARELLI**

Haverhill, and Christopher Cardarelli.

Loving grandmother of Marisa Cardarelli, Joseph Cardarelli, Jr., and Valencia Cardarelli; Joseph and Brian Cardarelli; Leo Cardarelli III and Natalie Cardarelli.

Dear sister of Cynthia J. Scholar of Maine, and predeceased by Carroll L. Scholar, Marion L. Scholar, and infant Sandra J. Scholar. Pat is also survived by many nieces and nephews.

Former wife of the late Leo P. Cardarelli, Sr.

A Memorial Funeral Mass will be celebrated at Divine Mercy Parish in Saint Mary's Church, 95 Crescent St., West Quincy, on Saturday, Oct. 12, at 10:30 a.m. Relatives and friends are invited to attend.

For those who wish, donations in Patricia's memory may be made to MSPCA-Angell, Attn: Donations, 350 South Huntington Ave., Boston, MA 02130 or Tunnel to Towers Foundation, 2361 Hylan Blvd., Staten Island, NY 10306.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit [www.thesweeneybrothers.com](http://www.thesweeneybrothers.com) or call 617-472-6344.

## Marie J. D'Olimpio, 99

Marie J. (Ricciuti) D'Olimpio, age 99, a lifelong resident of Quincy, died peacefully, Sunday, September 29, 2024 at Assisted Living Residences at Hancock Park in Quincy, surrounded by her loving family. She was known for her love of family, cooking, playing piano, and the Red Sox.

Marie, known affectionately as "Mimi" or "Re," was born in Quincy to the late John and Anna (Gaudi) Ricciuti. She was a graduate of Quincy High School, Class of 1943. Beloved wife of the late O. James D'Olimpio, with whom she was married in June of 1946. Devoted mother of Ann Marie Horigan and her husband David of Quincy, Dr. James T. D'Olimpio and his wife Suzanne of Port Washington, N.Y., Domenic D'Olimpio of Quincy, Rita G. Evans and her husband Jonathan of Scituate, Suzanne T. Falco and her husband Anthony of Quincy, and Nancy M. Ducharme and her husband Jed of Braintree. Loving grandmother of 19 grandchildren, 16 great-grandchildren, and one great-great-grandchild. She was the grandmother of the late Robert J. "Bo" Craig III.

Marie was dedicated to her family, especially to her cherished grandchildren and great-grandchildren, shown through the endless visits to her house on Grogan Ave. Her house was a refuge for anyone who needed to see a smiling face and Marie was always ready to lend an ear.

Marie was known for her work ethic, starting as a secretary at the Quincy Shipyard during WWII. She and Jim then opened and ran West Quincy Market on Copeland St. Marie pivoted to a career in the newspaper industry, working at the Patriot Ledger as a news correspondent, covering City of Quincy council meetings, the city desk and prepared obituaries. She worked long hours to help support her son James through medical school, who is currently a nationally known oncologist, and accomplished pianist, playing at Carnegie Hall in 2015 with Marie sitting proudly in the audience. She later became a well-known recipe columnist for The Quincy Sun, sharing hundreds of delicious recipes with readers over the years. She co-authored the



**MARIE J. D'OLIMPIO**

column "Marie's Kitchen" with her daughter Suzie until last week.

The last of six siblings, Marie was predeceased by James J. "Pete" Ricciuti, Genevieve M. Palumbo, Philip L. Ricciuti, Gloria Pelleriti, and John T. Ricciuti. Marie is also survived by many nieces and nephews, great nieces and great nephews of both the Ricciuti and D'Olimpio families.

When Marie was with her family and friends, her eyes lit up and she was guaranteed to laugh with them even in the toughest of times. She was a big believer in always making sure that you have something to look forward to. Marie taught us all the power of resilience, and that with great love comes great loss, as she survived many that she loved so dearly. She was a beacon of hope throughout all of our lives, and we will all keep our heads high and our backs straight, knowing that is what Mimi would want.

Her family would like to express their immense gratitude for the loving care she received for the past five years to the Harbor Health PACE Program staff and the many nurses aides at the Assisted Living Residences at Hancock Park, both of whom maintained her highest quality of life possible, including during the height of the COVID pandemic. We are forever grateful for all!

Visiting hours were held at the Dolan Funeral Home, 460 Granite Ave., East Milton, on Sunday, Oct. 6. At the request of the family, funeral services and interment took place privately.

For those who wish, donations in Marie's memory may be made to World Central Kitchen, P.O. Box 96538, Washington, DC 20090 or [www.wck.org](http://www.wck.org). To leave the D'Olimpio family a condolence message, please visit [www.dolanfuneral.com](http://www.dolanfuneral.com).

## Jean T. Cristiani, 82

Jean T. (DiStasio) Cristiani, age 82, a longtime resident of Quincy, died peacefully, Wednesday, October 2, 2024 at Spaulding Hospital for Continuing Medical Care Cambridge, in the comfort of her loving family and beloved Maltese service dog, Gucci Amorino.

Jean was born in Boston's North End to the late Amorino and Vincenza "Jennie" (Arenia) DiStasio. Raised and educated in Medford, she was a graduate of the former Boston State College in 1972 where she then received her M.Ed. in Education. Jean received her professional degree in School Psychology from the University of Massachusetts Boston in 1986. She lived in Quincy for 62 years.

She began her career as a secretary at Boston University where she met her late husband, Vincent.

Jean was a School Psychologist for the City of Boston after starting out as a Kindergarten Teacher in 1972. She wore many hats throughout her career. Jean served as a Title I Reading Specialist at St. John's School in the North End, was a Resource Room Teacher at the Eliot School, after which she became a member of Psychological Services under the direction of Dr. Marian Ego. She ultimately secured her license as an Educational Psychologist in Massachusetts. She worked in almost every school in the City of Boston.

Jean was involved in many innovative programs and served as a change agent in the field of School Psychology with an incubator group of practitioners, to include her daughter Angela, under the leadership of Dr. Ronda Goodale. That incubator group served as the foundation for changing the role of the School Psychologist. It was her school-based data that her daughter utilized in lobbying efforts for the Safe and Supportive Schools law that now exists in the Commonwealth of Massachusetts.

Jean's area of expertise was serving early childhood children. She was a very strong advocate for children and families always advocating for unique needs of every child she evaluated. Jean was known to her friends and colleagues as the "velvet steamroller." Jean retired in 2006 after a distinguished 34 years of service.

Jean was a member of the Council on Aging Board in Quincy, the Democratic City Committee, Alpha Iota Chapter of Delta Kappa Gamma, MA, served in various capacities at the Dante Alighieri



**JEAN T. CRISTIANI**

Society of MA, and served on the Boston Teachers Union Retired Teachers Legislative Committee.

She was a woman of great faith and had been active in parish activities at Saint John the Baptist Church and at Our Lady of Good Counsel Church, both in Quincy. Jean was the first female lector at Our Lady of Good Counsel Church.

Jean was an avid reader who loved to knit and was devoted to her family. She was especially dedicated to her late husband Vincent, her three children, and her much-loved grandchildren, supporting all their many activities and accomplishments.

Beloved wife for 57 years of the late Dr. Vincent A. Cristiani, retired Professor Emeritus of Counseling Psychology and founder of the School Psychology Program at UMB (Veteran, United States Army).

Devoted mother of Angela J. Cristiani, Dr. Vincent A. Cristiani, Jr., John M. Cristiani, Quincy Fire Department, and his wife Tracy all of Quincy.

Loving grandmother of Vincent III, Sophia, Lana, Amanda, and Johnny (Veteran, United States Coast Guard).

Jean was the dear sister of the late John DiStasio and his surviving wife, Maureen. She is also survived by many nieces, nephews, and their families.

Visiting hours will be held at Holy Trinity Parish in Our Lady of Good Counsel Church, 237 Sea St., Quincy, on Wednesday, Oct. 9, from 4 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated in Our Lady of Good Counsel Church, 237 Sea St., Quincy, on Thursday, Oct. 10, at 10 a.m. Entombment to follow at Saint Michael's Cemetery, Roslindale.

For those who wish, donations in Jean's memory may be made to the Daughters of Mary of Nazareth, P.O. Box 690789, Quincy, MA 02269.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit [www.thesweeneybrothers.com](http://www.thesweeneybrothers.com) or call 617-472-6344.



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They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

**More Obituaries online at**  
**[www.TheQuincySun.com](http://www.TheQuincySun.com)**



## Christine M. Serafini

Mrs. Christine M. (Sullivan) Serafini, of Weymouth passed away on Oct. 1, 2024.

Christine was a devoted mother and loving grandmother. A patient and loving wife. She kept her house going at all times and the neighborhood fed and happy. There was never a time when a friend or acquaintance wasn't welcome in the house for some delicious home made meals.

Beloved wife of the late John B. Serafini. Loving mother to John Serafini of Weymouth, Kara Serafini of Weymouth, Kristin Serafini of Quincy, and Kevin Serafini of Weymouth. Loving



**CHRISTINE M. SERAFINI**

sister to Kevin Sullivan and his wife Stacey of Marshfield. Proud grandmother to Ryan Serafini, Jayson Serafini, Samantha Serafini, Kaylee Dickson, and four great-grandchild.

Christine now joins her late husband, John B. Se-

rafini. As well as her parents, Russell and Rosemary Sullivan and siblings Robert Sullivan, Russell Sullivan and Claire Lombardi.

Funeral services were celebrated Tuesday, Oct. 8 at the McDonald Keohane Funeral Home, 40 Sea St., North Weymouth.

Visiting hours for Christine and memorial visiting hours for her late husband John (Jack) who passed away on Oct. 13th, 2020 were held on Monday, Oct. 7th in the McDonald Keohane Funeral Home.

Burial will be held at a later date at Mount Wollaston Cemetery, Quincy.

## John A. Nesti, 70

John A. Nesti, age 70, a longtime resident of Braintree, died suddenly, Tuesday, Oct. 1, 2024 at South Shore Hospital in Weymouth, surrounded by his loving family. He lived in Braintree for over 60 years in the home he helped his father build.

John was born in Quincy, to the late Alfred P. and Ann L. (Peruzzi) Nesti. Raised and educated in Quincy and Braintree, he was a graduate of Braintree High School, Class of 1971. He earned an associate's degree from Quincy Junior College and studied locksmithing at North Bennet Street School in Boston.

John was a locksmith for nearly 50 years. Owner and operator of the former Nesti Lock Service of Braintree, he lent his skills to his colleagues and dear friends at Granite Lock Co., Inc. of Quincy for many years. John also worked in maintenance for the Quincy Public Schools during the early part of his career.



**JOHN A. NESTI**

John enjoyed 40 summers with his family at their seasonal cottage in Salt Air Village in Dennis Port, Mass. He was an avid fisherman, swimmer, bicyclist, and reader.

He was the beloved husband of Patricia A. (Shannon) Nesti, with whom he celebrated a 46th wedding anniversary in August, the two were together for 50 years. John is also survived by Patricia S. "Tricia" Nesti of Abington, Ann K. Nesti Giuffrida and her husband Felix of Franklin, to whom he was a devoted father and

father-in-law.

He was the brother of Robert L. Nesti of Boston, and the late Alfred J. Nesti who recently passed away on Aug. 25, 2024. John is also survived by many nieces and nephews, not to mention his many "adopted Summer sons and daughters."

Memorial Visiting Hours will be held at the Dolan Funeral Home, 460 Granite Ave., East Milton, on Monday, Oct. 21, from 4 - 7 p.m. Remembrances will be shared at 6:30 p.m. Relatives and friends are invited to attend.

For those who wish, in lieu of flowers, donations in John's memory may be made to Office of Veterans Affairs, for which he had a great passion, given their support and care for the servicemen and women in his life.

To leave the Nesti family a condolence message, please visit [www.dolanfuneral.com](http://www.dolanfuneral.com).

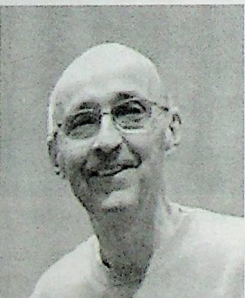
## William J. 'Bill' Hamel, 82

William John "Bill" Hamel, of Marietta, Georgia, formerly of Quincy, Massachusetts, died peacefully on Saturday, Sept. 21, 2024, at the Wellstar Kennestone Hospital in Marietta, Georgia. He was 82.

Bill was born in Boston on Sept. 10, 1942, and was the son of the late Stephen Charles and Margaret (Welch) Hamel. He was raised in North Quincy, attended local schools, and graduated from North Quincy High School.

Bill's career was with Delta Airlines Cargo. He retired in 2007. Bill enjoyed his work and the relationships he built throughout the years.

In his spare time, Bill loved gardening, taking day trips "down the cape" with his wife Anna, apple picking at Honey Pot Hill, and spending time with his grandkids and friends. He was an avid sports fan but



**WILLIAM J. HAMEL**

loved baseball and hockey the most. Bill cherished watching his grandson Jarod play lacrosse, cracking jokes with his granddaughter Samantha, and taking drives to Nantasket beach with his grand dog Ella, to watch the waves.

Bill was the beloved husband of the late Anna A.

(Ferrara) Hamel, who died in 2009. He was the devoted father of Denise Wilson and her husband Russell of Florida, and Deborah Hamel of Georgia. Bill was the loving grandfather of Samantha Olsen and her partner Matt Drawdy and Jarod Olsen, all of Georgia. Bill was preceded in death by his brother, the late Stephen "Charlie" Hamel. He is also survived by extended family members and friends.

His funeral service was celebrated Friday, Oct. 4 in the Keohane Funeral Home, 785 Hancock St., Quincy.

Interment was in Blue Hill Cemetery, Braintree.

Memorial contributions may be sent in Bill's name to the charitable organization of one's choice.

## Ronald E. Zooleck, Sr., 86

Ronald E. Zooleck Sr. a dedicated community leader, small business advocate and beloved family man, passed away peacefully in his home in Hingham, MA on Oct. 1, 2024. Ronald left a lasting imprint on many lives he touched in the world of business, politics and charitable endeavors throughout his remarkable life and career.

Born on August 20, 1938, to Thomas and Bridget Zooleck in Waterbury Ct., a son of immigrants, he was very proud of his Albanian and Polish heritage. This would become a theme throughout his life. In 1976 during the nation's yearlong bicentennial celebration Ron felt compelled to chronicle his father's amazing immigrant story of how he fled Albania at the urging of his family, a family that he would never see again, to escape the looming communist regime and give him a life of opportunity in America. His story was quickly picked up by local papers and eventually ran in newspapers throughout the country.

Ron spent his early years working in his father's restaurant "The Hamilton Lunch" while attending Sacred Heart Grammar and High School in Waterbury. During his school years Ron emerged as a talented athlete and began a lifelong passion for sports particularly baseball. He was an all-star catcher for the East End Giants a team that would fall one game short of an appearance in the little league world series. A three-sport athlete in high school Ron would go on to play baseball for Cheshire Academy in Ct, Mount St Mary's in Maryland while eventually playing and graduating from the University of Connecticut. Ron loved the UCONN Huskies and could often be seen wearing is UCONN colors. When his beloved Red Sox won the World Series in 2004 Ron, known for his sense of humor flashed his Red Sox gear around the pool of his Florida community daily in hopes of aggravating New York Yankee fans.

Edward J. "Eddie" Keenan of Quincy, passed away peacefully after battling a long illness.

Born and raised in Dorchester, Eddie was an avid sports enthusiast. Eddie enjoyed playing and watching baseball, basketball, and cheering on any Boston sports team. His sports collection he had accumulated over the years was something to be admired. He loved traveling to different ball parks around the country and trying out new restaurants.

Eddie was a graduate of St. Mark's School and Bos-



**RONALD E. ZOOLECK, SR.**

Upon graduation Ron began his career at the greater Waterbury Chamber of Commerce, serving as the membership manager. It was during that time that Ron became a local leader in the Civil Rights movement. He would lend his powerful voice and commanding leadership to many worthy causes throughout his life. Ron always believed in helping people and considered it to be the obligation of all capable people to help their neighbors. In April of 1978 Ronald took over as the Executive Director and COO of the South Shore Chamber of Commerce in Quincy, MA. Boasting nearly 3000 members Ron transformed the SSCC into the largest suburban Chamber in the United States and one of the most powerful lobby organizations in the state of Massachusetts. Among the many initiatives that Ron championed throughout his career he was particularly proud of helping to restore rail service to the South Shore and the redevelopment of downtown Quincy. His commitment to business and community welfare was unwavering. A gifted public speaker, Ron was highly sought after in his retirement years and often traveled the country being hired to speak at local business organizations. He often donated his compensation from those speaking engagements to the local community he was visiting.

In the late 90s and early 2000s, moved by the suffering occurring in the conflict in Kosovo, Ron joined forces with the relief organization "Americares." With the support of the local business community Ron raised mon-

ey, organized and accompanied cargo planes filled with relief items for the Albanian people of Kosovo. He spent days on the ground distributing those relief items.

In the early 80s Ronald was asked by the United States Chamber of Commerce and instructor at the Chamber Institute at Notre Dame University in South Bend, Indiana for two weeks each year. He proceeded to instruct generations of aspiring Chamber executives for the next 30 years.

At the age of 26, Ron became the youngest ever Commissioner of the Twi-Met semi-pro baseball league. From there Ron began his broadcast career in minor league baseball. He served as the radio voice of the single "A" affiliate Waterbury Pirates, while also hosting a comedy radio program on Sunday mornings and a cable access television talk show.

In a lifetime filled with accomplishments, Ron always believed his greatest accomplishment was marrying his teenage sweetheart, Jane. They met at a YWCA dance and that meeting turned into a nearly 70-year love story.

Their union epitomized love, dedication and partnership and gave rise to a beautiful family that Ron cherished above all. Ron leaves behind his wife Jane, his 3 children and seven grandchildren. Son Ronald Jr and his wife Suzanne of Weymouth and their two children Zach and Izaiah, son Michael and his wife Lisa of Lakeville MA and their three children Maxwell, Madeline and Grace, and Daughter Kristin Thompson of Sutton MA and her two daughters Bree and Sadie.

Ronald's legacy is not just etched in his accomplishments and accolades it is vividly alive in the hearts of his family friends and all those who had the privilege of knowing him. His incredible spirit and dedication to his community and loved ones will be remembered fondly by everyone whose life he touched.

The services for Ronald were private.

## Edward J. 'Eddie' Keenan



**EDWARD J. KEENAN**

ton English High School. Although later in life Eddie moved to Sharon, MA with his wife Beverly, he was a true OFD guy. He worked for Stop and Shop in the marketing department for

over 30 years.

Eddie was predeceased by the love of his life, Beverly. Beloved son of the late Mary A. (Wentworth) and Edward J. Keenan. Loving brother of Mary Crowley (Ret. BPD Sgt. Det) of Weymouth and her late husband Jay, and John "Jackie" of Dania Beach, FL. Cherished Uncle to several nieces and nephews, as well as many great nieces and nephews. Great friend to Billy Gately. Eddie will be dearly missed by all those who knew and loved him.

Respecting his wishes, services were private.

**More Obituaries On Page 26  
and online at  
[www.TheQuincySun.com](http://www.TheQuincySun.com)**



## Craig David Allen

Craig David Allen of Quincy, passed away suddenly at the age of 68 on Sept. 25, 2024.

Craig was born in Inglewood, California, but moved to Massachusetts where he started his life. Craig lived in Quincy and Weymouth throughout the years. Later in life he met his forever friend Donna and they started a family. His daughter Carle was his whole world, until she made her own world for him; his grandkids Natalie and



CRAIG DAVID ALLEN

Logan. Craig was always working on something, fishing or willing to give a hand when he had time.

He is also survived by his mother Doris Myette and his sister Cindy, and is predeceased by his father Joe Myette and brother Skippy. His family will miss him more than anything in this world.

Services were private, but if anyone is looking to make donations in his name, please donate to any motorcycle run of your choice! It's what he would want and lived for!

Funeral arrangements by the Keohane Funeral Home, 785 Hancock St., Quincy.

## Joseph Patrick McDonough, 75

Joseph Patrick McDonough, 75, of Plainville, Massachusetts, passed away on Sept. 21, 2024. Joseph was born on Christmas Eve, 1948, in Dorchester, MA, to John McDonough and Carolyn Vitagliano. He was the President of his graduating class at Quincy High School in 1966 and proudly served in the United States Marine Corps. Joseph later became a licensed electrician and built a career as an electrical estimator.

A true Boston native, Joseph loved catching a Red Sox game at Fenway Park or enjoying a quiet day at home watching the New England Patriots. He cherished Sunday suppers with



JOSEPH P. McDONOUGH

family, especially during the game. Joseph held dual citizenship in the United States and Ireland and was immensely proud of his Irish heritage.

Joseph is survived by his beloved wife, Fengrong Ding; his daughters, Heather McDonough, Holly McDonough, and Siobhan

Coffin; his son-in-law, Jason Coffin; his stepson Jengyang, and his girlfriend, Jendani, and his grandchildren, Bryen McDonough, Abigail Sheeley-McDonough, Eric Veliotis, and Liam Coffin. He is also survived by his sisters, Joanne Curry and Carolyn Austin, and numerous nieces and nephews. Joe was preceded in death by his parents, John McDonough, and Carolyn Vitagliano.

A funeral Mass was held in St. John's Church, Quincy.

Burial was in Mount Benedict Cemetery, Boston.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

## Martin Connor

Martin Connor, of Quincy, died Sept. 26, 2024.

Martin was born in Treanmanagh, Glenbeigh, Co. Kerry, Ireland and moved to the US in 1952. He was a proud member of the United States Air Force and served during the Korean War. He was a hard worker for 40 years at Sears and Roebuck and at the Irish Rover, where he made many friends and met his lovely wife. Martin enjoyed traveling back to Ireland with his wife to visit relatives and friends. Martin loved his family, especially his grandchildren. He was a caring and devoted man who could talk to anyone. He will be greatly missed.

Devoted husband of Nora (Meg) Connor of



MARTIN CONNOR

Quincy. Cherished father of Tim Connor and his wife Anne of WI and the late John Martin Connor. Adoring Grandpa to Calvin Connor and his wife Kayla, Zoe Connor, and Katie Connor. Loving brother of the late Paddy Joe O'Connor, Dennis O'Connor, Michael O'Connor, Timothy O'Connor and Noreen Lal-

ly, all of Co. Kerry. Close friend and cousin of Eileen Murphy of Cromane, Co. Kerry, Ireland and Joan Walsh of Norwood, MA. Loving Uncle of Caroline O'Connor of Galway, Ireland and Jackie O'Neil of London, England. Also survived by 6 grand nieces and nephews.

A funeral Mass was celebrated Oct. 3 in Sacred Heart Church, Quincy.

Burial was in St. Joseph's Cemetery, West Roxbury.

Funeral arrangements were by the Keohane Funeral Home, 785 Hancock St., Quincy.

Donations in memory of Martin may be made to The Irish Pastoral Centre of the Archdiocese of Boston, 540 Gallivan Blvd. (Rear), Dorchester, MA 02124.

## OBITUARIES

### Kristen G. Scott



KRISTEN G. SCOTT

Kristen G. Scott, a beloved wife, mother, friend, and accomplished professional, passed away on Sept. 28, 2024, leaving a legacy of warmth, dedication, and kindness.

Born and raised in Quincy, Massachusetts, Kristen attended St. Anne's School before graduating from Fontbonne Academy, Class of 1989. She continued her studies at Rensselaer Polytechnic Institute before transferring to Harvard College, where she earned a degree in liberal arts.

After considering a career in medicine or hospital administration, Kristen ultimately found her passion in the financial industry. She began her professional journey at John Hancock in Boston, where she met the love of her life, Brian. They married on Nov. 13, 2004, and together shared many beautiful years, welcoming their daughter, Katie, into the world in 2008.

Kristen's career flourished at John Hancock, where she became Director of Education in 2005. Her commitment to excellence and her leadership skills were admired by her colleagues. In 2013, she joined Natixis Global Asset Management, where she dedicated 11 years, rising to the role of Vice President of learning and development. In October 2023, Kristen embarked on an exciting new chapter, establishing her own consulting business, ready to

share her wealth of knowledge and experience with the world.

Outside of work, Kristen was known for her vibrant spirit and her love of bringing people together. Her home was often filled with family, friends, and laughter, as she delighted in cooking for loved ones. No one enjoyed her culinary skills more than her Aussie-doodle, Lucky, who eagerly awaited anything that might "accidentally" fall from the table.

More than anything, Kristen's greatest joy was her role as a mother. She cherished every moment spent with Katie, and her love for her family was the foundation of her life. Her generous spirit, willingness to lend a hand, and unwavering support for those she loved made her a cornerstone of her community and family.

Kristen will be remembered for her kindness, her dedication to those she cared about, and her ability to make everyone feel wel-

come and cherished. Her absence leaves a profound void, but her memory and the impact she made on the lives of those who knew her will never fade.

She is survived by her loving husband, Brian, their daughter Katie, her cherished dog Lucky. Daughter of James MacNeil and his wife Jody of Ft. Meyers, FL and Patricia MacNeil of Quincy. Sister of Julie Leong and her husband Ronald of East Amherst, NY. Sister in law of Kevin Scott of Tampa, FL. Loving niece of Ruth and Brian Flaherty of Quincy, Mary Flaherty of Quincy, William Flaherty and his wife Lisa of Yarmouth and the late Kathy Owens. Aunt of Caitlyn Leong-Bridges and her husband Brandon Bridges of VA, Brendan and Dylan Leong both of East Amherst, NY. Kristen is also survived by many dear friends, colleagues, and loved ones. Kristen's legacy of love, compassion, and generosity will continue to inspire all who had the privilege of knowing her.

A funeral Mass was celebrated Tuesday, Oct. 8 in St. Agatha's Church.

Funeral arrangements were by the Keohane Funeral Home, 785 Hancock St., Quincy.

The family requests those who wish to express sympathy to consider making a donation to their favorite charity in Kristen's name in lieu of flowers.

### Timothy 'Timmy' McCarthy



TIMOTHY MCCARTHY

Timothy "Timmy" McCarthy, of Quincy, died Sept. 28, 2024.

Timmy adored his family and his faith was very important to him. He enjoyed Irish Set dancing, playing cards, and walks at Castle Island. He was a member of Local 67 as a carpenter for many years. Timmy was always there to help anyone in need. He had a great sense of humor and will be missed by all who knew him.

Beloved husband of the late Mary McCarthy (Brosnan) of Currow, Ireland. Loving father of Paul McCarthy and his wife Janet of Hull, Maureen Ayers and her husband Bruce of Quincy, Tara Curry and her hus-

band Sean of Milton, and Bridget McCarthy and her husband Richard of Plymouth. Cherished brother of Peggy Lynch and her late husband Sonny of Killarney, Ireland, Johnny McCarthy and his wife Margaret of Randolph, and the late Connie McCarthy and his surviving wife Marie, Dan Joe McCarthy and his surviving wife Bridie, and Patrick McCarthy. Loving Papa of Jennifer, Erin, Katie, Casey, Brendan, Jessica, Bridget, Richard, Laura, and Kelly. Great Papa of Jayden, Mya, Xavier, Lily, Noah, Brooklyn, Bella, Ethan, Weston, Tess, and Cameron. Also survived by his companion Philomena Keaney and many nieces and nephews.

A funeral Mass was celebrated Oct. 3 in St. Joseph's Church, Quincy.

Burial was in Milton Cemetery.

Funeral arrangements were by the Keohane Funeral Home, 785 Hancock St., Quincy.

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# QFD Training New 25-Member Dive Rescue Team

Cont'd On Page 17

with our SOPs, our standard operating procedures, so we can intertwine and work together uniformly," he said.

"They can be support — sea support, boat support, security — and then when they go and do their stuff, recovery, QFD would become their rescue side so we would be their personal rescue team in case they had a problem. So, that's part of the stuff we're working on."

The department has also been in contact with fire departments in other communities who have similar units.

"Cambridge, Boston, Beverly, Lowell have dive teams up and running, which we've made contact to and got a lot of information out of them as well as on the South Shore we've talked with Hingham," Burchill said. "And with Hingham we were able to get in with the Plymouth County dive team down there."

Burchill credited Mayor Thomas Koch and Fire

Chief Joseph Jackson for their support for establishing the new team.

"It would not have happened without their support," he said.

The members of the Dive Rescue Unit are split among the department's shifts, meaning the unit would be available on a 24-7 basis. The team will be not based out of any particular firehouse.

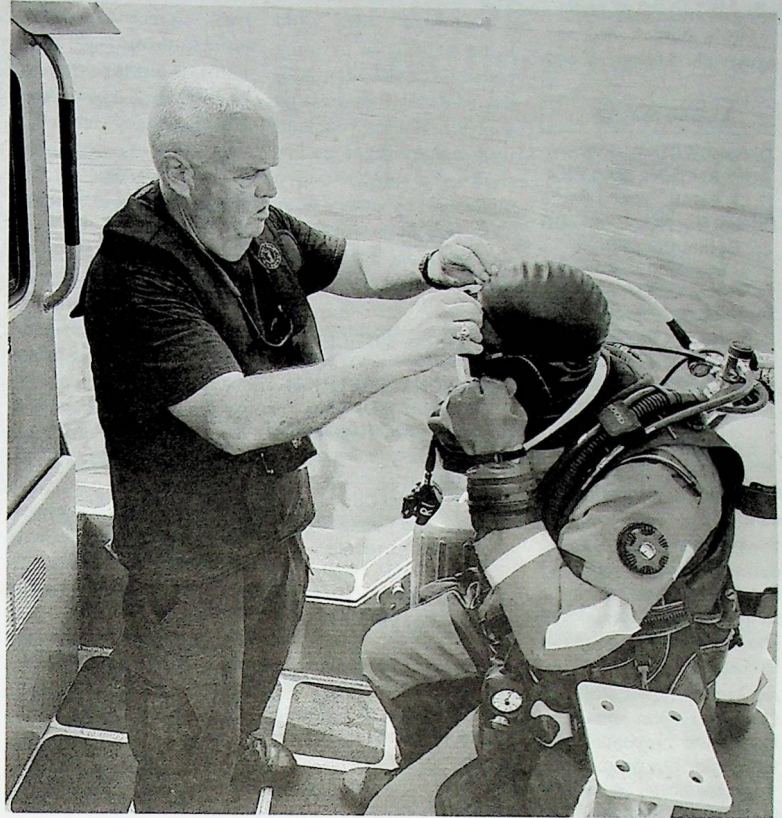
"The way we're doing it as of yet — we're still in the infancy stages of it — the way we've got it going is we will respond from each station. Wherever the men on the apparatus are that day, they'll respond to the scene with their gear and then we'll start gearing up and getting in the water," Burchill said.

The dive team is training to respond to various situations, including drownings and near drownings, missing swimmers, automobiles in the water, and capsized boats. Burchill the team's "another tool in the tool box

available to the community" and explained how the team would be deployed in the event of an emergency on the water.

"We would get that initial call, it would go to our fire alarm. Fire alarm would dispatch the first due company to the scene and once the word 'water' or 'drowning' comes into play, then it becomes a technical rescue, that's when the dive team would be activated," he said.

"As that first unit is going to the scene, we'd be coming together and following behind them. If the need is for us to go in the water at the time, then we'll be gearing up and preparing ourselves to go into the water. With the training we've done throughout the Fire Department — rescue swimmer training, our EMT training — if they can take action initially and perform the rescue, so be it. We're just another tool in the tool box available to the community."



QUINCY POLICE Department has been helping to train the Fire Department's new Dive Rescue Unit. Here, Police Lt. Bob Gillan (left) helps a firefighter don his scuba gear.

Photo Courtesy Quincy Fire Department

## Five Tips To Help Reduce Health Care Costs

By DR. ANA STANKOVIC

Chief Medical Officer, UnitedHealthcare of New England

As the annual open enrollment season approaches, a concerning finding sheds light on a health issue that affects millions of people. A staggering 88 percent of U.S. adults lack sufficient health literacy to effectively navigate the health care system.

If that's the case for you, this lack of understanding may not just affect your health — it could also impact your bank account. The Center for Health Policy Research at George Washington University found that not quite getting health-related information can cost up to \$238 billion annually in higher health care costs.

Empowering yourself with knowledge about your health care options during open enrollment is crucial to optimizing your benefits and managing costs. Better understanding your available plans and their benefits can help you make informed decisions that support your physical, mental, and financial health.

Here are some tips to help bridge the knowledge gap and help you save money on health care.

**Make the most of your yearly checkup**

Regular preventive visits are generally covered by your health insurance plan and can play a crucial role in early disease detection. That can be a win-win for your

health and your pocketbook. That's because identifying issues as early as possible may lead to more effective treatments and can also help avoid more costly services in the future. But here's part of where that "understanding" piece is critical. Come to your doctor visit with a list of questions and let him or her know if you have any health concerns. Take notes to make sure you're getting all the information you need and review them once you return home.

**Make sure you understand your plan and health care costs**

It's also important to understand your deductible, your out-of-pocket expenses, and other specifics of your health insurance plan. This glossary defines thousands of health care terms to help you make informed decisions. New health plan models are now available to help drive a more affordable and simplified experience. Some eliminate deductibles and provide clear, upfront cost and coverage information before treatment begins. Such clarity in pricing helps make health care more affordable for people of all ages and with various common conditions and comorbidities.

**Shop around for pharmacies**

First make sure your pharmacy is in your insurance plan's network, otherwise you might have to pay more for your prescriptions. Then, do some comparison shopping. You may be surprised at how much variance

you'll find from one pharmacy to another in terms of prices of the medications you may need. Also, investigate generic options for those prescriptions, which are usually less expensive than brand-name versions. And look into online pharmacies, which ship nationally and, because they have less overhead than brick-and-mortar stores, may offer better prices.

**Take advantage of your Employee Assistance Program (EAP)**

Health literacy and financial literacy are closely linked, as they both play a critical role in our ability to make well-informed decisions about our health and financial well-being. Many employee assistance programs offer financial resources and tools to help narrow financial literacy gaps, such as tax planning, debt management, and savings guidance. EAPs can also help address behavioral health issues, which can affect cognitive functions and the ability to understand health information.

**Use telehealth**

Virtual visits have emerged as a go-to option to remotely access medical services, including primary, urgent and specialist care. Not only are these visits typically more convenient than in-person options, but they may also be available through your health plan. Virtual visits can help with the treatment of allergies, urinary tract infections, flu,

rashes and more, from the comfort of your home without the hassle of sitting in an urgent care waiting room. Of course, there are times when an in-person visit is necessary, especially for chronic or complex conditions, emergencies or issues requiring hands-on exams, lab tests or X-rays. Check your health plan to determine what kinds of virtual care resources may be available to you.

It all boils down to gaining a greater awareness of your options and understanding your own health. Using that knowledge may help improve health outcomes and enable you to save on health care costs, creating a true win-win.

## Cooler Weather Signals Time For Vehicle Maintenance

Though we may not be ready to admit it, sub-freezing temperatures are on the way. Before the thermometer dips below 32 degrees, drivers should get ready for harsh winter weather by targeting essential vehicle components that are stressed by the cold.

Checking tires is by far the most important thing a driver should do to prepare for winter. For every 10 degrees that the outside air temperature drops, tires lose about one pound per square inch (PSI) of pressure. Most drivers rarely or never check their tire pressure, and many — more than a third according to a government study — are driving around on underinflated tires. When the first significant temperature drop of the season happens, these drivers are often confronted by a visibly flatter tire.

"We saw 90-degree weather in late August," said Mark Schieldrop, Senior Spokesperson, AAA Northeast. "Overnight temperatures are now in the low 50s, a 40-degree drop from just three weeks ago, meaning tires may have lost four

PSI of pressure."

That lower pressure can make driving extremely hazardous. Underinflated tires can overheat and fail catastrophically, causing a blowout, a very dangerous driving situation. Drivers should check tires for bald spots and bulges resulting from road hazards, as well as tread depth — which ideally should be no lower than 4/32 inches to properly channel away water and provide grip in snow, but must at least exceed the legal minimum of 2/32 inches. Drivers can easily test this by placing an upside-down quarter into the tread. If George Washington's head is above the tread line, the tires are worn and should be replaced.

For areas prone to heavy snow, drivers should consider switching to winter tires. Formerly called snow tires, they provide an aggressive, deep tread, have more pliable rubber compounds and give an extra bite in snow — and even provide traction on sheer ice.

Beyond tire care, AAA Northeast recommends drivers take the time to maintain

the following:

- **Brakes:** Winter weather demands brakes that are in top operating condition. Drivers should have a qualified technician check brake pads, linings, rotors and drums. Excessive wear and tear calls for new brakes.

- **Batteries:** Cold weather causes batteries to lose power, as much as 60% as the temperature nears zero. Drivers should test batteries that are more than three years old to make sure they can hold a charge and check that battery connections are tight and corrosion-free. Drivers can take advantage of AAA's mobile battery service for convenient battery testing, delivery and installation on the spot.

- **Defrosters, heaters and wiper blades:** A working heater is important for comfort, and drivers should turn on their heat now to test that it's blowing through both the defroster and vents. The defroster is vital to keeping the windshield and windows clear of mist for maximum visibility. Every six months, drivers should replace wiper blades and top off wiper fluid.



# Use Fresh Herbs To Flavor Holiday Meals

By **MELINDA MYERS**  
Grow, harvest and season your holiday meals with

## LEGAL NOTICE

**DIVORCE SUMMONS BY: PUBLICATION, MAILING, TEXT, EMAIL, Social Media**  
Docket No. NO24D0879DR

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Adelajda Kajmaku vs. Hysen Kajmaku**  
To the above named defendant:

The Plaintiff has filed a Complaint for Divorce Requesting that the court Grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court.

An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. **SEE Supplemental Probate Court Rule 411.**

You are hereby summoned and required to serve upon:  
Law Office of Barry R. Lewis  
P.O. Box 2765  
Framingham, MA 01703

your answer, if any, on or before **November 1, 2024**. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: September 20, 2024  
**COLLEEN M. BRIERLEY**  
Register of Probate

10/10/24

fresh herbs grown indoors in a windowsill garden. Add to the experience by using potted herbs and a few holiday adornments to dress up the table. You and your family will enjoy snipping a few fresh herbal sprigs to season your meal to your own taste.

Include herbs your family likes, those that complement your menu and are

## LEGAL NOTICE

**CITATION ON PETITION TO CHANGE NAME**  
Docket No. NO24C0330CA  
**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**

Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**In the Matter of:**  
**Noah Finn Savage**  
**A Petition to Change Name of Minor** has been filed by

**Noah Finn Savage of Braintree, MA**  
requesting that the court enter a Decree changing their name to:

**Noah Finn-Savage Darakjy**  
**IMPORTANT NOTICE**  
Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court before 10:00 a.m. on the return day of 11/14/2024.**

**This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.**

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: October 3, 2024  
**COLLEEN M. BRIERLEY**  
Register of Probate

10/10/24

easy to grow indoors like basil, oregano, parsley, chives, thyme, and sage. Purchase plants so they will be ready to harvest for the holidays. Many garden centers now carry herb plants year-round; some grocery stores sell them in their produce department.

Grow plants in individual containers or plant several in one larger decorative pot. Select a container with drainage holes and one that complements your table setting. Use a quality, well-draining potting mix when transplanting herbs into another container.

Place a saucer or tray under pots with drainage holes to protect your furniture. Or double pot plants when using a decorative container that lacks drainage holes. Plant herbs in a smaller pot with drainage holes or set several pots in a larger container. Place pebbles in the bottom of the decorative pot. This elevates the inner pots above any excess water that collects in the bottom of the decorative pot, helping avoid root rot and the need to empty the water in the saucer.

Dress up any meal by creating an edible centerpiece with your herb plants. Set them on a decorative placemat to protect the tabletop and add a few seasonal items to complete your display.

Grow herbs in a sunny window such as an unobstructed south-, east-, or west-facing window when they are not decorating the table. Consider adding artificial lights if sunlight is limited and the plants have leggy stems and pale leaves. Keep the lights about 6 to 12" above the tops of the plants and leave them on for six to eight hours if supplementing the natural light. Leave them on for 14 hours a day, if this is the only light source. Set the plants on a reflective surface to help shine light back up into the bottom of the plants.

Avoid drafts of hot and cold air and water thoroughly as needed. Some herbs like basil, oregano, parsley, and marjoram like soil to be slightly moist but not soggy while chives, thyme, and sage like it a bit drier.

Grow basil to dress up a pizza, salad, or soup with a few leaves. Add some oregano to season any tomato-based dishes such as pizza and pasta. Use fresh thyme to flavor cheese, eggs, tomatoes, and lentils.

Chives' mild onion flavor is great on potatoes, but consider adding it to soups, dips, seafood dishes, and omelets. Just snip a few leaves and cut them into smaller pieces before adding them to your dish.

Parsley is high in vitamin C and is often added



**GROW HERBS** that complement your family's favorite recipes and are easy to grow indoors.

Photo courtesy of MelindaMyers.com

to soups, pasta, salads, and dressings. Harvest a sprig at the end of the meal to freshen your breath.

Add several pairs of snips and let everyone add their favorite herbal seasonings to their meal. You may need to show your guests how to harvest and use the herbs to get them started. Let them know that harvesting the herbs encourages new growth for future use.

Make this year's holiday meals memorable. Invite your guests to enjoy the fresh flavor and fun of seasoning their meals right at the table.

Melinda Myers has written over 20 gardening books, including *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" instant video and DVD series and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Myers' website is [www.MelindaMyers.com](http://www.MelindaMyers.com).

**PLEASE RECYCLE**



**THIS NEWSPAPER**

**More Quincy news:**

**The Quincy Sun.com**

## NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services  
**ZONING BOARD OF APPEALS**

**CASE NO. ZBA-24-63**

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, October 22, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Robert Mattie for a **VARIANCE AND FINDING** to construct a two unit dwelling in the rear of the parcel in violation of the Quincy Zoning Ordinance 3.4 Nonconforming Structures, 4.0/4.1.1 Dimensional Regulations and 4.2.5 Lot size, area and width on the premises numbered 57A West Street, Quincy.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

10/3/24, 10/10/24

## NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services  
**ZONING BOARD OF APPEALS**

**CASE NO. ZBA-24-64**

Pursuant to the provisions of the Quincy Zoning Ordinance of the Quincy Zoning Board of Appeals as amended, an Open Public Hearing will be held on **Tuesday, October 22, 2024 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Brandon Li for a Special Permit/FPOD to construct an 11,295 square foot, two story addition onto the existing structure in violation of the Quincy Zoning Ordinance 8.1.9 Flood Plain Overlay District on the premises numbered 79 Coddington Street, Quincy, MA.

Plans and specifications may be viewed online at <https://quincyma.portal.opengov.com/search>

Martin Aikens, Chairman

10/3/24, 10/10/24

## INVITATION TO BID

**CITY OF QUINCY, MASSACHUSETTS**

**Department of Natural Resources**

## INVITATION TO BID

The Department of Natural Resources for the City of Quincy, Massachusetts is seeking sealed bids for the **Veteran's Memorial Stadium Hancock Street Walkway Restoration Project** until **11:00 A.M.** local time, **Thursday October 24, 2024**, in the Offices of the Purchasing Department, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be opened, read aloud.

Bids will be received via U.S. mail or courier or in the Purchasing Department, 1305 Hancock Street, Quincy, MA. The Bid opening will be performed in accordance with the Inspector General's and Attorney General's guidelines (as applicable) for Bid openings.

The work to the restoration of the Hancock Street Pedestrian Walkway includes, but is not limited to concrete repairs, traffic coating, installation of railings and all materials, equipment, and services inherent to the work.

A Pre-Bid Conference will be held on October 16, 2024 at 1:00 p.m. at 850 Hancock Street, Quincy, MA 02169. All bidders are encouraged to attend. Requests for interpretation of bid documents may be submitted in writing at that time.

Detailed specifications will be available October 9, 2024, at no cost on-line at the City of Quincy's Website, [https://www.quincyma.gov/govt/depts/purchasing/current\\_bids.htm](https://www.quincyma.gov/govt/depts/purchasing/current_bids.htm). Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents will also be made available upon written request to the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM by means of delivered documents for a refundable printing charge of \$100.00 if returned 10 days within Bid opening and in unused condition.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check. The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations, when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

## Non-responsive and/or unbalanced Bids may be rejected

Thomas P. Koch  
Mayor  
10/10/24

David C. Murphy  
Commissioner of Natural Resources

Kathryn R. Logan, J.D.  
Chief Procurement Officer

## Legal Notices for Publication

Should be emailed to: [quincysunsubs@gmail.com](mailto:quincysunsubs@gmail.com) or [thequincysun@verizon.net](mailto:thequincysun@verizon.net)

Need more information? Call 617-471-3100



## READERS FORUM

### Moral Obligations

I read the Mayor's update on the MBTA in your Sept. 12th edition and was struck by his argument that the T had a "moral obligation" to turn over the bus barn at 954 Hancock St. as compensation for taking "what was a commercial parcel paying property taxes off the tax rolls" at the former Lowes location. It is a solid line of reasoning that has led me to ponder some other moral quandaries.

Like what are the appropriate moral offsets for the large number of buildings that the city is striking from the tax rolls in Quincy Center? Acapulcos and two additional retail properties on Hancock Street are to be replaced by "pocket parks." These three unneeded projects are not just permanent losses to tax revenue but represent additional taxpayer expense to acquire and raze the buildings and construct the mini-parks.

On Adams Street a medical office building, a funeral home, and Planet Fitness will be removed from the tax rolls in favor of an Adams Center, independent from and redundant to the existing National Park sites. This involves property acquisition costs, displacement of businesses, job losses, and unknown redevelopment expenses along with the outlay for an anticipated legal fight with the BPL over

possession of the Adams' papers. There will be a great deal of moral balancing required for that project.

The Munroe Building at the edge of the Hancock-Adams Common was acquired by the city using Covid funds (a moral quandary of its own) and is no longer contributing to the property tax base. I expect we'll see a more expensive version of the Mayor's previously rejected proposal to borrow \$112 million to construct a new city office tower on the site now that he has a more compliant City Council in place. What will be the correct moral compensation for that boondoggle?

And should the same moral balancing requested of a public entity like the MBTA not also be applied to private developers? Taxpayers are already funding multiple concessions and tax waivers for FoxRock and Granite Telecommunications and I expect we will soon be required to do the same for the Quarry Hills Associates at Granite Links.

Morality in our government is always worth pondering – and possibly even an answer or two.

Rich McLaughlin  
Quincy

### We All Want The Best For Quincy

Allow me to thank your correspondent Scott Jackson for his interview (Sept. 26, 2024) with the president of the City Council, Mr. Ian Cain, who was "asked if the City Council should have a monthly open forum at which residents could comment on any topic, similar to the open forum the School Committee has at each meeting."

Cain's reply was negative. "I don't think that's part of our form of government. . . This is set up so that we elect people to be the voice of the people." True, Quincy does not have a Town Meeting format. Therefore, according to him, Quincy residents are out of luck. By his rules, we cannot exercise our First Amendment Right to Petition our elected officials "for redress of grievances" directly in formal session. We do not have the right to have our concerns entered into the permanent record of the proceedings of the City Council. We are supposed to trust HIM to be "the voice of the people."

The Dorminson Report and its intended goal of an enormous pay raise for Mayor Koch is a textbook example of political graft. That the Mayor's pawns on the City Council

will not heed the appeals of city residents to reconsider the 79 percent raise is no surprise to anyone.

Since June, what was once a straightforward financial scandal has morphed into a civil liberties controversy. Over 6,000 registered voters signed a petition to rescind the obscene raise. Councillor Cain ought to recognize that this is not a small cabal. Yet, he refuses to listen to our many, many voices that will not be silenced.

Councillor Cain would have it that the people cannot protest this graft in our own tax-payer funded City Council Chambers. I appeal to him directly: behaving like an ostrich and burying your head underneath the Council President's dais is an unwise and unsustainable strategy. If you have any wit, imagination, creativity or a brave heart, you will relent and welcome your neighbors to come before the Quincy City Council regularly to share our concerns, ideas, wisdom, frustrations and even our anger.

We all want the best for Quincy. Let's work together.

Claire Fitzmaurice  
Quincy

### Quincy Votes! Stands By Its Reporting Of Library Board Meetings

In the Sept. 19 issue of the Sun, Library Director Sara Slymon addressed why she had refused to provide her report of library happenings to members of the public who attended the most recent public meeting of the library's board of trustees.

She said she had often summarized these reports verbally at board meetings, but then the civic engagement group Quincy Votes! started sending a representative to the meetings who later reported on them at quincyvotes.org. Director Slymon wrote that she began to worry about violations of privacy, adding that the Quincy Votes! write-ups were "often riddled with inaccuracies, spelling and grammatical errors and mischaracterizations of what is said at the meetings."

As a board member of Quincy Votes!, I take issue with that assessment. In May, Director Slymon asked to speak with me about our meeting write-ups. She noted a few spelling mistakes, which I fixed, but when I asked her to name substantive errors, she remained silent.

Instead, she complained that the write-ups addressed her using her name rather than her title, that one write-up broke news about a foundation director's appointment that she had hoped to announce herself in a press release, and that some of her statements could potentially be construed as critical of the administration's responsiveness. She said that our reporting would have a "chilling effect" on her ability to speak candidly at board meetings.

I said that I understood her frustrations, but reminded her that these were, after all, public meetings. I explained that we had started this reporting project because consequential decisions are made at city board meetings (such as the November 2022 park board vote to repurpose the Ruth Gordon Amphitheater). Because city board meetings are usually poorly attended and their published minutes are often unintelligibly brief, I said that Quincy Votes! would continue to attend and report on them. I followed up with an email asking Director Slymon to alert me if she found any errors in our write-ups, but I heard nothing back.

Overall, library leadership has been anything but welcoming since our volunteer started attending meetings, calling into question the director's assertion that she supports and encourages members of the public "to take an interest in the comings and goings at the library."

We were happy to read that the legal counsel retained by the library director seems to be upholding the requirements of the state's open meeting law, as Director Slymon notes in her letter that from now on her reports will be available to all interested parties, and even published in this newspaper.

Maggie McKee  
Vice President  
Quincy Votes!  
Quincy

### Says Councillor's Interest In Problems Of His Constituents Non-Existent

Ian Cain represents Ward 3 on the City Council. His interest in the problems of his constituents is non-existent.

I have yet to meet a fellow citizen who has received a response from an inquiry. He runs unopposed which explains why he collects a salary for the job he neglects. Sadly, it reflects the lack of interested residents, as well as the low voter count at the polls. Being of service to his fellow man most likely is not a consideration. I guess you could say, Ian Cain is what happens when you don't take advantage of the voting privilege.

Kathryn Campbell  
Quincy

The Quincy Sun's Policy  
for the Readers Forum  
Appears On Page 4

## READERS FORUM

### Traffic And Noise Worse Near Two Schools Now

To whom it may concern:

Who in Quincy doesn't love traffic and noise?

When St. Ann School closed I believed the blocked driveways and road gridlock was over. Then came Central, bigger, view-blocking, higher capacity and more vehicles. Now a newer school and MORE vehicles!

I had until 7:30 a.m. to escape the parents driving head on towards me. I received no notice but now St. Ann's Road is one-way at 7 a.m.! Traffic has taken me 50 minutes to make a 10-minute drive! Now I should leave 30 minutes earlier?! REALLY?!

I did have a genuine laugh at people complaining about a bouncing pickle ball sound. PLEASE!! Stand on Hancock Street and St. Ann Road and listen. . . . measure the sound levels coming from the Merrymount Park Fountain before 7 a.m. daily and every event at Veterans' Memorial Stadium is enough to cause hearing loss!

Patricia Scanlan  
Quincy

### States Needs Separate Emergency Shelter Plan For Migrants

As I read Scott Jackson's interview news story with state Sen. John Keenan (Keenan: Changing Shelter Law Could Have Unintended Consequences, Quincy Sun, Oct. 3), I clearly understood what Keenan was attempting to point out and that was for every action taken up on Beacon Hill could create consequences that could make matters worse in solving a homeless crisis still growing in Massachusetts.

I remember clearly the reason for instituting the Right to Shelter Law over 40 years ago when the state was attempting to handle what was then a major issue with homeless folks living in Massachusetts falling through the cracks when it came to affordable housing or more aptly the lack of affordability. The 1983 law was primarily written to protect women in crisis, mothers and little children, domestic violence victims, etc.

While this law was helpful for many, it never foresaw the influx of migrants from our open southern borders who started arriving everywhere including Greater Boston and in many ways thanks to a crisis created by our federal government, and instead of governors across the nation telling Washington, D.C. to fix the border, many governors started providing cover for the Biden-Harris Administration. However, it can only work as long as we have the resources to handle a never-ending influx. Massachusetts and New York City have become the epicenter for what has mostly been truly unworkable Right to Shelter policies.

There was no way back in 1983 that our federal government would screw up the works on helping the truly homeless looking for housing in emergency situations but how could anyone back then have had the foresight to see what would be coming down the expressway today?

Massachusetts needs a completely separate emergency shelter plan for migrants getting relocated to Massachusetts after crossing over our southern border. Time for Beacon Hill to stop finding excuses and start finding solutions because to date we know what flows downhill, right?

Sal Giarratani  
East Boston

### Council On Aging Fall Craft Fair Oct. 19 At The Kennedy Center

Quincy Council on Aging's annual Fall Craft Fair will be held Saturday, Oct. 19 from 10 a.m. to 2 p.m. at the Kennedy Center, 440 East Squantum St., North Quincy.

Local vendors include Caryn's Corner, Piper Dee Naturals, Grandma's Boredom Wreaths, E & T Ceramics, Seaside Gardens, Wreaths for All Occasions, Scentsy, homemade jams and jellies, holiday crafts, knitted and crocheted items, cards, quilts and more.

There will also be a raffle table with many donated items, baskets, and gift cards. All are welcome. Admission is free.

PLEASE RECYCLE  
THIS NEWSPAPER





# SUN FUN PAGES

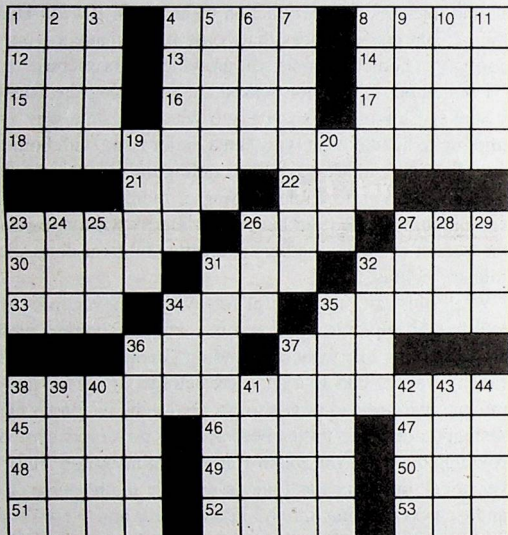
## King Crossword

### ACROSS

- 1 "Kapow!"  
4 Makes a choice  
8 Release money  
12 Actress Merkel  
13 Boyfriend  
14 Celestial bear  
15 MSNBC rival  
16 Lawman Wyatt  
17 Some HDTVs  
18 James Caan's role in "The God-father"  
21 Shoe width  
22 Aachen article  
23 Tire pattern  
26 LBJ's successor  
27 Faux —  
30 Shower bar?  
31 Chart format  
32 Shed  
33 Cauldron  
34 Hit show letters  
35 Symbol of freshness  
36 HBO rival  
37 Serena, to Venus
- 38 Grammy-winning  
Shawn Colvin song  
45 Exotic berry  
46 Eventful periods  
47 Actor  
Harrison  
48 Brisk pace  
49 Vogue rival  
50 Microwave  
51 Curly cabbage  
52 Ken or Barbie  
53 Oklahoma tribe
- 10 "This — out-rage!"  
11 Zap with a beam  
19 Tide variety  
20 Author Yutang  
23 Recipe abbr.  
24 Kanga's kid  
25 Have dinner  
26 Carnival city  
27 Luau dish  
28 Gore and Pacino  
29 Farm pen  
31 "Continue!"  
32 Prepare potatoes  
34 Bashful  
35 Truck fuel  
36 Marsh bird  
37 Lowercase  
38 Bag  
39 Pac-12 team  
40 Hammer target  
41 Woody's son  
42 Rice-shaped pasta  
43 Vegan's no-no  
44 Big fair, for short

### DOWN

- 1 Tampa Bay team, for short  
2 — Domini  
3 "Death in Venice" author  
4 Heeded  
5 Quiet partner?  
6 Tropical tuber  
7 Paramount  
8 President  
Martin Van —  
9 Not pizzicato



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## MAGIC MAZE • SUBSTITUTES FOR CASH

F T R P M K I F D B Y D C W U  
S Q O M T I S O P E D R K M N  
I F D B Z L X I W U E A S O I  
Q O N L L J R H F D D C C N O  
A K C E H C D E I F I T R E C  
Y W H V S T S T V D Q F P Y T  
N S L K I N C H F L E I C O I  
C B Z Y W A E V U O I G H R B  
U R E T R A B K S G R S I D Q  
P T I D E R C F O R E T T E L  
N M L L A P Y A P T J I S R H

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: CERTIFICATES OF —

|                 |             |                  |        |
|-----------------|-------------|------------------|--------|
| Barter          | Credit card | Letter of credit | Shells |
| Bitcoin         | Gift card   | Money order      | Silver |
| Certified check | Gold        | PayPal           | Tokens |
| Chits           | IOU         | Scrap            |        |

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Dishcloth is larger. 2. Picture on wall is missing. 3. Stack of dishes is shorter. 4. Cabinet handle is missing. 5. Report card is smaller. 6. Upper cabinet is missing.

## Trivia test

by Fifi Rodriguez

- MOVIES: Where was "The Lord of the Rings" filmed?
- TELEVISION: What is the setting for the animated series "South Park"?
- SCIENCE: What is the most abundant element in the Earth's crust?
- U.S. PRESIDENTS: Which president proclaimed June 14 to be Flag Day?
- MATH: Which letter is contained in every odd number when it is spelled out?
- GEOGRAPHY: Both the Equator and the Tropic of Capricorn pass through which country?
- ANIMAL KINGDOM: What is a group of porcupines called?
- MUSIC: Which British

singer/songwriter helped create many songs on "The Lion King" soundtrack?

- FAMOUS QUOTES: Who wrote the line about fall, "I'm so glad I live in a world where there are Octobers"?
- LITERATURE: Which children's book features a fictional world where it is always winter but never Christmas?

### Answers

- New Zealand.
- Colorado.
- Oxygen (46%).
- Woodrow Wilson.
- E.
- Brazil.
- A prick.
- Elton John.
- Lucy Maud Montgomery, "Anne of Green Gables."
- "The Lion, the Witch, and the Wardrobe" (Narnia).

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## Wishing Well®

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 8 | 3 | 2 | 3 | 8 | 4 | 8 | 2 | 6 | 4 | 3 |
| A | B | D | S | B | P | O | U | F | E | F | I | L |
| 6 | 7 | 3 | 2 | 6 | 8 | 5 | 7 | 3 | 6 | 4 | 3 | 5 |
| T | I | E | A | E | O | T | N | N | R | L | D | H |
| 6 | 8 | 2 | 3 | 2 | 5 | 6 | 8 | 7 | 6 | 2 | 8 | 6 |
| H | R | G | I | R | I | O | O | C | U | E | T | R |
| 7 | 8 | 2 | 6 | 3 | 8 | 7 | 8 | 7 | 4 | 3 | 5 | 3 |
| O | H | E | S | D | E | M | R | E | D | V | N | I |
| 6 | 3 | 7 | 4 | 6 | 4 | 6 | 8 | 7 | 3 | 6 | 4 | 3 |
| S | C | I | B | U | R | C | S | N | T | C | I | O |
| 4 | 5 | 7 | 2 | 6 | 2 | 3 | 6 | 7 | 4 | 3 | 2 | 7 |
| D | K | C | A | E | B | R | S | R | G | Y | L | E |
| 4 | 7 | 5 | 2 | 4 | 6 | 7 | 5 | 7 | 5 | 7 | 5 | 5 |
| E | A | Y | E | S | S | O | E | U | D | N | G |   |

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) Your bold approach to a difficult situation turns a doubter into a supporter. Be aware, though, that you still need to dig for facts to build an even stronger case.

**TAURUS** (April 20 to May 20) Distractions continue to nibble at your available time. Turn them off and concentrate on setting your sights on your goal. Progress might be slow, but it is steady.

**GEMINI** (May 21 to June 20) An opportunity opens up in a new field. You might not feel that it's for you, but check it out anyway. You could be surprised; you might be able to adjust to its requirements.

**CANCER** (June 21 to July 22) A new work environment presents some difficult choices. Best advice: Be ready to defend your decisions while still keeping your mind open to suggested alternatives.

**LEO** (July 23 to August 22) Don't let your Leonine pride continue to jeopardize a cherished relationship. You've already taken too long to make that apology. Do it now before it's too late.

**VIRGO** (August 23 to September 22) A friend needs assistance but fears that you might want to know more than they are prepared to reveal. Provide help without probing into the situation.

**LIBRA** (September 23 to October 22) You face an important personal decision that could affect a family

member. Have a full, frank, no-holds-barred discussion with them before you act.

**SCORPIO** (October 23 to November 21) Take some time out to think over the choices that have suddenly emerged in your life. Don't be rushed into making a decision until all the facts are known.

**SAGITTARIUS** (November 22 to December 21) Someone might be trying to gain your trust for their own advantage. Be wary: A seemingly friendly smile might be an exercise in teeth-baring.

**CAPRICORN** (December 22 to January 19) A situation that emerged earlier can no longer be ignored. You need to deal with it now so that it won't interfere with more important considerations.

**AQUARIUS** (January 20 to February 18) A job situation presents some problems. Deal with them one by one, and they'll soon vanish. Meanwhile, in your personal life, a Libra would like to know your intentions.

**PISCES** (February 19 to March 20) Let your partner know how you feel about your stalled relationship. A delay will result in your swimming around in circles and going nowhere.

**BORN THIS WEEK:** Your high energy level allows you to take on and complete more projects than most. You are also an inspired and inspiring teacher.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

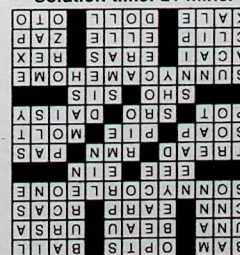
Clue: O equals L

HGDV QFRBDQ MFJD RO HPLG  
F KMGDJD LT CQPJCQFJ GPK  
MTJDWX OFBLVDB, PL HFK F  
CTTQ-GFBWX OQFV.

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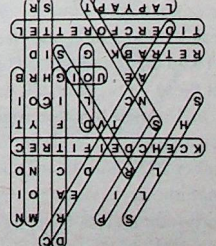
## King Crossword — Answers

Solution time: 21 mins.



## Magic Maze

ANSWERS:



CryptoQuip

answer

When Laurel came up with a scheme to film him, he came to her with a fool-hardy plan.



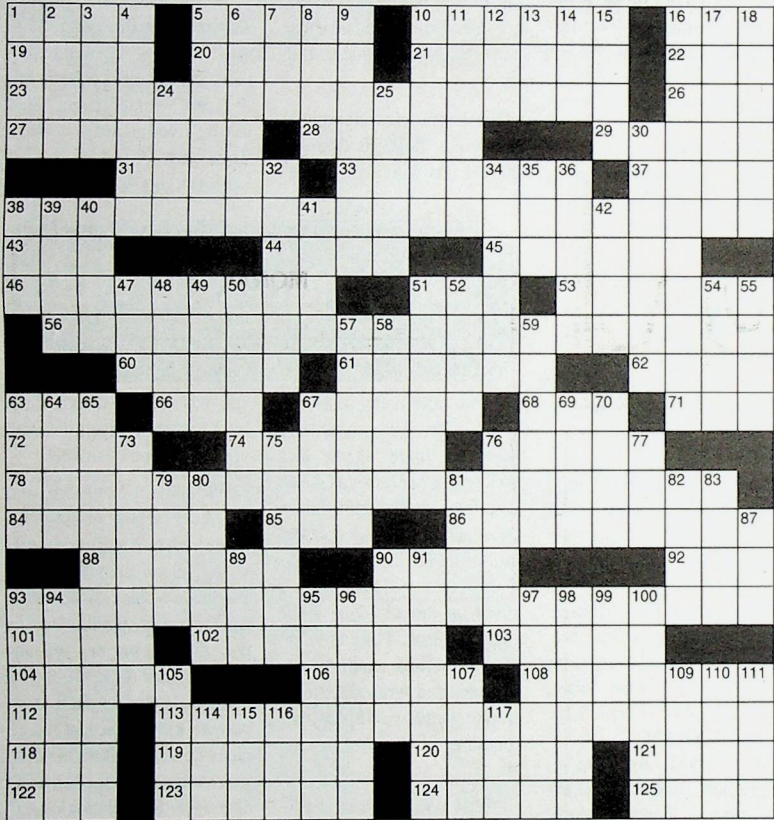




Super Crossword

"TENETS, ANYONE?"

- ACROSS
- 1 Fitting name for a herding dog
- 5 Tense, with "up"
- 10 "This Is 40" director Judd
- 16 That guy
- 19 "... I could — horse!"
- 20 Actress Christensen
- 21 Mexican state
- 22 — Z (totally)
- 23 Start of a riddle
- 26 Cushion
- 27 Composer Antonio
- 28 Severe
- 29 Sap source
- 31 Actors Ken and Lena
- 33 Sparkly decoration
- 37 "By the way" comments
- 38 Riddle, part 2
- 43 Ending for pent- or prop-
- 44 City in central Sicily
- 45 Brand of cough drops
- 46 Like Diet Coke
- 51 Holy Mle.
- 53 Togetherness
- 56 Riddle, part 3
- 60 Samms and Stone of film
- 61 Luau cocktail
- 62 Lipton drinks
- 63 High peak
- 66 Patriotic org. since 1889
- 67 Symbols
- 68 Scholastic meas.
- 71 Seeded loaf
- 72 Vault
- 74 "Invisible" singer
- 76 Press into folds
- 78 Riddle, part 4
- 84 Eritrean
- 85 Spanish bear
- 86 Videotapes, e.g.
- 88 Hi-fi setup
- 90 King of Egypt in the 1950s
- 92 Trellis-climbing plant
- 93 End of the riddle
- 101 Successor of Claudius I
- 102 Tijuana wives
- 103 Poet Sachs
- 104 Throw forcefully
- 106 Subway entry gate
- 108 Like most sandals
- 112 Tiny charged thing
- 113 Riddle's answer
- 118 Tabloid paper
- 119 Singer
- 120 French capital, in a Cole Porter title
- 121 Word that's pluralizable
- 122 "Zine staffers
- 123 Ferret out folds
- 124 African antelope
- 125 Onetime JFK jets
- 10 Pippi Longstocking creator
- 11 Travel destination, generically
- 12 Very old: Abbr.
- 13 "TiK —" (Kesha hit)
- 14 Raw rock
- 15 Very friendly
- 16 Greeting on a Sunday holiday
- 17 Slanting type
- 18 Demure
- 24 Composer Bartók
- 25 — bill of goods (dupe)
- 30 Cause pain to
- 32 Plies a broom
- 34 Missionary "Mother"
- 35 Prefix with dermis
- 36 Be cyclical
- 38 Pas' partners
- 39 Ample, to LIT Abner
- 40 Utah's lily
- 41 Law school newbie
- 42 Rice-A- —
- 47 Is, pluralized
- 48 Tach readings, informally
- 49 U.S. disaster aid org.
- 50 Threaten like a tiger
- 51 Result of a hit to the eye
- 52 Wee kids
- 54 Skin cream brand
- 55 NASDAQ kin
- 57 Estevez of the Brat Pack
- 58 Place a bet
- 59 River in Iraq
- 63 — Romeo (sporty auto)
- 64 Those born in August, often
- 65 Resort city near Los Angeles
- 67 "— a Lady" (1971 hit)
- 69 They oink
- 70 Lady friend, in Lyon
- 73 Combat unit
- 75 Easy winner
- 76 Wearing, as clothes
- 77 Stew holder
- 79 Hersher's of baseball
- 80 "— hell" (Sherman assertion)
- 81 Tesla vehicle, e.g.
- 82 Elec. or gas
- 83 Golfer
- 87 Part of DOS: Abbr.
- 89 Summer, in Savoy
- 90 Swing wildly, as arms
- 91 Rising ground
- 93 In flames
- 94 Put more film in
- 95 Of the universe
- 96 Former NBA star Metta Sandiford —
- 97 Male tennis players
- 98 Was too syrupy
- 99 "— 3 Lives"
- 100 Auto-racing posts
- 105 Ticked pink
- 107 Appraisal, for short
- 109 "I" problems
- 110 Indecent stuff
- 111 — serif font
- 114 Seville cheer
- 115 Very big tub
- 116 Chicago-to-Toronto dir.
- 117 Noted period



Celebrity extra

by Dana Jackson

Q: My wife and I really enjoyed the premiere of the new "Matlock" with Kathy Bates, but there have been no subsequent episodes. Did it change nights? — K.L.

A: The new "Matlock" reboot recently debuted on CBS on a Sunday night at 8 p.m., but the next episode wasn't slated to be broadcast until Thursday, Oct. 17, at 10 p.m. ET. It was a huge ratings hit, becoming CBS's best premiere in over five years. It continues to generate big numbers on the streamer Paramount+ as well. The question is, will fans follow the show to Thursday nights three weeks after the pilot episode aired? Granted, CBS will re-air the pilot on Oct. 10 in the new time slot, so this should reignite interest in the show. I personally think they should keep "Matlock" on Sunday nights, as older audiences will likely stay tuned to CBS after "60 Minutes" is over. However, the Justin Hartley drama "Tracker" will air in this slot instead, but if Hartley doesn't bring in the numbers that Kathy Bates did, I wouldn't be surprised if "Matlock" is back on Sundays.

Interestingly, it was recently reported that Bates said "Matlock" will be her last hurrah and that she plans to retire, but CBS has said she's changed her mind. In fact, her co-star Skye P. Marshall, who plays attorney Olympia Lawrence, said that she would "drag [Bates] out of her house kicking and screaming if she thinks America or the world is going to let her retire."



Kathy Bates in the CBS series "Matlock"

Photo: Gaye Ann Bruno & Gail Schulman

Q: I was so sad to hear about the death of Drake Hogestyn. Did he film any more episodes as John on "Days of Our Lives" that haven't aired yet? — R.W.

A: Drake Hogestyn, a fan favorite as John Black on "Days of Our Lives" for a total of 38 years, passed away on Sept. 28 at the age of 71. His family says that he put up an "unbelievable fight" in his battle against pancreatic cancer. Unfortunately, his appearance on "Days" had already aired on Sept. 9, as the show films six to seven months in advance of the airdates. "Days" airs exclusively on NBC's streaming service Peacock, so you can easily find the episode, as they are listed in date order. Also, according to TVLine, if you're looking for Hogestyn's final scene with Deidre Hall, who plays John's soulmate Marlena, you'll find it on the Sept. 5 episode.

Q: Is "Silo" coming back to Apple TV+ for another

season? What about "Bad Sisters"? — K.S.

A: Yes, both "Silo" and "Bad Sisters" will return to Apple TV+ for their second seasons. The dystopian sci-fi drama "Silo" returns on Nov. 15 with one episode. Subsequent episodes will drop weekly on Fridays through Jan. 17, 2025. Steve Zahn ("The White Lotus") joins the cast. "Bad Sisters," a dark murder-mystery series, will be back beginning Nov. 13 with a two-episode premiere. The rest of the new episodes will air each Wednesday with eight episodes in total.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803. © 2024 King Features Synd., Inc.

Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                       |           |                    |           |
|-----------------------|-----------|--------------------|-----------|
| 1. Depart             | — — — V — | Rental agreement   | — — — S — |
| 2. Perry Mason's job  | L — — — — | Twain character    | S — — — — |
| 3. Lure               | — — — C — | All-inclusive      | — — — R — |
| 4. Lead the way       | — — — D — | Pretext            | — — — S — |
| 5. Carpeting option   | — E — — — | Men's hair stylist | — A — — — |
| 6. Afternoon tea cake | — O — — — | Play division      | — — E — — |
| 7. Not asleep         | — — — K — | Conscious of       | — — — R — |
| 8. Prom dress         | — — — — L | Configure          | — — — — T |
| 9. Rah! Rah! Rah!     | C — — — — | Gossamer           | S — — — — |
| 10. Chef's garment    | — P — — — | Ohio city          | — K — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

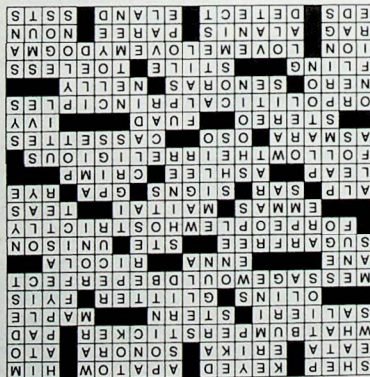
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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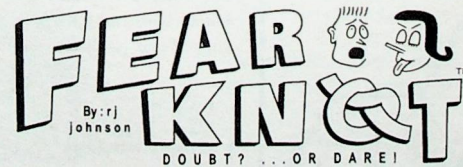
Super Crossword

Answers

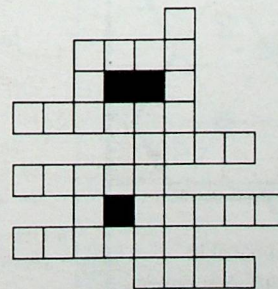


Even Exchange answers

- |                   |                   |
|-------------------|-------------------|
| 1. Leave, Lease   | 5. Barber, Barber |
| 2. Lawyer, Sawyer | 6. Barber, Barber |
| 3. Entice, Entire | 7. Awake, Aware   |
| 4. Guide, Guide   | 8. Formal, Format |
| 9. Cheer, Sheer   | 10. Apron, Akron  |

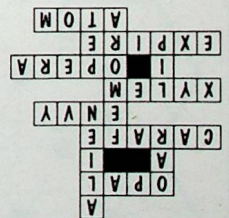


- PLI  
AFRACE  
♥ LENIA  
♥ TAMO  
XIRPEE  
ARO  
NYEV  
LEXMY  
PTE  
OFRAME  
ARPOE  
APLO

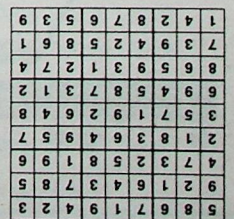


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNIGHT answer



Weekly SUDOKU Answer



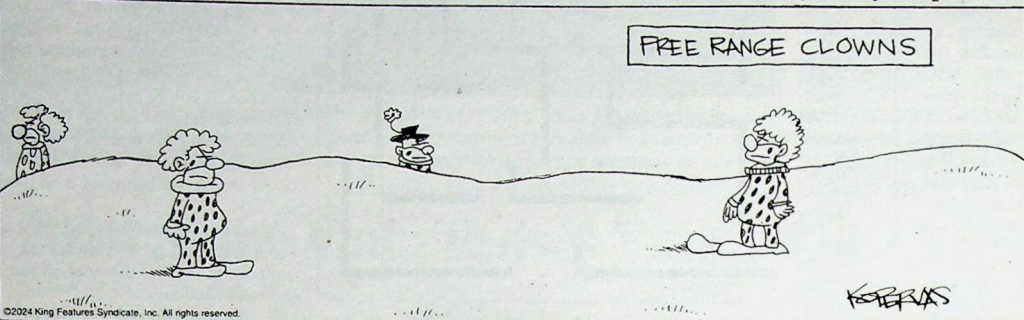


Amber Waves

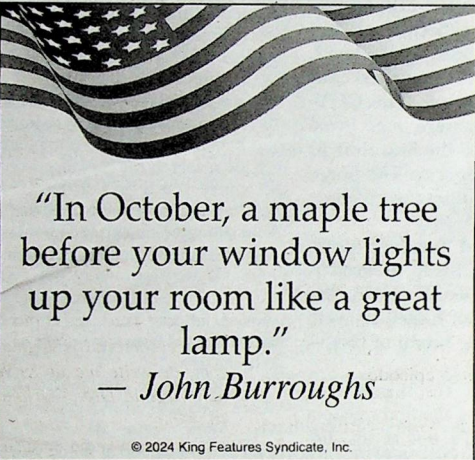


Out on a Limb

by Gary Kopervas



Americanisms



Just Like Cats & Dogs



Make a winter training schedule for your pet

DEAR PAW'S CORNER:

My German Shepherd, "Dante," is smart but stubborn, and constant training is essential. But I wanted to share a method I use to make sure I keep up with his basic obedience training and work on advanced skills year-round. Every three to four months, I sit down with a new notebook and make a training journal for Dante. It helps me organize my thoughts around how to best train him in the late fall and winter, when going outside every day isn't always possible, or the weather is so unpleasant that Dante won't listen to my commands. I write down the training goals I want to accomplish during this period. I note any behavioral or training issues that Dante has had

up to now. Shepherds, like many big dogs and herders, have a lot of energy and need at least an hour per day of exercise, so I figure out the best times to do that. There are also a lot of holidays during this period, and the journal gives me a place to figure out in advance how I will handle travel, training, parties and other schedule challenges.

I hope my method will help other readers who are trying to maintain their dog's obedience skills while having a busy life. — Cheryl K. in Eau Claire, Wisconsin

DEAR Cheryl: That's fantastic advice! Thank you for sharing your journaling method. It sounds like it provides a space to write down much more information than jotting notes on a wall calendar.

Creating a training schedule and journal also is a big help in monitoring how well your dog is progressing with their training, and noting areas where improvements can be made.

Send your tips, comments or questions to ask@pawscorner.com.

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WORD LADDERS

Can you go from MORAL to NOSES in 6 words? Change one letter for each rung in the ladder.

MORAL

\_\_\_\_\_

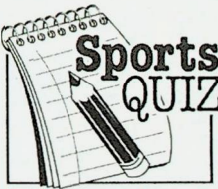
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NOSES

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1. In September 2014, what Cincinnati Reds infielder hit a walk-off grand slam in his final major league at-bat?
2. How many games did quarterback Todd Marinovich, a first-round draft pick for the Los Angeles Raiders in 1991, play in his entire NFL career?
3. What biennial tournament, organized by the International Golf Federation and first played in 1958, is the world men's amateur team championship?
4. Name the Georgia Bulldogs placekicker who made a school-record 60-yard field goal to upset the No. 2 Clemson Tigers 26-23

in 1984. (Hint: He won the Super Bowl in his rookie NFL season.)

5. Canada's Glenroy Gilbert won a gold medal in the 4x100 meter relay at the 1996 Atlanta Summer Olympics. What events did he compete in at the 1994 Lillehammer Winter Olympics?

6. Tennis player Andrei Medvedev, who lost to Andre Agassi in the 1999 French Open final, represented what country?

7. What NCAA Division I basketball team plays its home games at Sojka Pavilion in Lewisburg, Pennsylvania?

Answers

1. Ramon Santiago.  
2. Eight.  
3. The Eisenhower Trophy.  
4. Kevin Butler.  
5. Two-man and four-man bobsled.  
6. Ukraine.  
7. The Bucknell University Bison.

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WORD LADDER Answer

SESS, NOSES, MORAL, MODAL, MODEL, MORAL, MODAL, MODEL, MORAL, MODAL, MODEL

SCRAMBLERS

solution

EMPTY

Today's Word

3. Symple; 4. Rumble  
1. Sharp; 2. Grate

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Acute  
HARPS \_\_\_\_\_
- Mince  
GATER \_\_\_\_\_
- Hinder  
MISTEY \_\_\_\_\_
- Growl  
LUMBER \_\_\_\_\_

TODAY'S WORD

\_\_\_\_\_



"They're \_\_\_\_\_ — I can't wait to see the expression on my husband's face!"

Micro Crossword

By Elizabeth C. Gorski

Across

- 1 Gelato serving  
6 Huge river mammal  
7 One with a need for speed  
8 Ireland  
9 Missy Elliott's "\_\_\_ What I'm Talkin' About"

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 |   |   |   |   |
| 7 |   |   |   |   |
| 8 |   |   |   |   |
| 9 |   |   |   |   |

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Down

- 1 Prep cabbage for coleslaw  
2 "Goodies" singer

- 3 Footnote abbr.  
4 Debuts, as a movie  
5 "\_\_\_ favor" (please, in Cancún)

STREAMING SOURCE

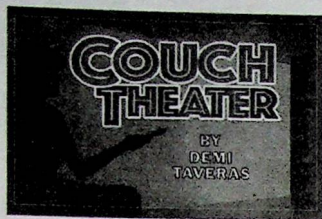
Here's what to watch and where to watch it for the week of October 14, 2024

- 14-Oct: "A Sacrifice" (R) — Netflix  
15-Oct: "Rachel Bloom: Death, Let Me Do My Special" (Comedy Special) — Netflix  
16-Oct: "Shrinking" (Season 2) — Netflix  
17-Oct: "Louder: The Soundtrack of Change" (Documentary) — Max  
17-Oct: "The Lincoln Lawyer" (Season 3) — Netflix  
17-Oct: "Teacup" (Season 1) — Peacock  
18-Oct: "Rivals" (Season 1) — Netflix  
18-Oct: "Hysteria" (Season 1) — Netflix  
18-Oct: "Woman of the Hour" (R) — Netflix  
18-Oct: "MaXXXine" (R) — Max

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# MORE SUN FUN



**"Deadpool & Wolverine" (R)** — The second highest-grossing film of the year has finally been freed from its movie-theater shackles so that it can grace our screens at home! After pulling in \$1.3 billion at the box office, the third "Deadpool" movie — a buddy film that adds Hugh Jackman's Wolverine into the mix — is now available to rent. Ryan Reynolds reprises his role as Wade Wilson/Deadpool, who's down in the dumps after hanging up his mercenary ways and picking up a job as a used car salesman. But when the Time Variance Authority accidentally reveals that his timeline in the multiverse will shortly be eradicated, Wade employs maximum effort to save his timeline with the help of the multiverse's "worst Wolverine." Buckle in, because it's quite a ride! And keep an eye out for some great cameos from previous characters in the "X-Men" films. (Amazon Prime Video)

**"Speak No Evil" (R)** — In this psychological horror film, Scoot McNairy ("Narcos: Mexico") and Mackenzie Davis ("Black Mirror") portray Louise and Ben, who are on vacation with their daughter, Agnes, in Italy. While there, they meet another couple, Paddy and Ciara, who also have an only child, and form a friendship. When Paddy and Ciara invite Louise and Ben's family to spend some time at their farm in the countryside, Louise and Ben pick up on some strange behavior between the other family that leaves them shocked and troubled. Wanting to keep the peace, however, Louise and Ben's family remain at the farmhouse. But little do they know that as each hour passes on, their chances of getting out become slimmer and slimmer. James McAvoy ("It Chapter Two") and Aisling Fran-

ciosi ("Game of Thrones") co-star in this film out now to rent. (Apple TV+)

**"American Music Awards 50th Anniversary Special" (TV-14)** — The American Music Awards celebrates 50 years since its inception, even though it hasn't held its annual award ceremony since November 2022. Plans to hold an anniversary special were set in motion after the award show's contract with ABC expired and CBS picked up the show for a slated 2025 release date. So, if you didn't catch the special when it was recently broadcast live on CBS, you'll be able to stream it now and watch the performances of legendary musicians like Mariah Carey, Green Day, Brad Paisley, Chaka Khan, Gladys Knight and Jennifer Hudson. The special also includes appearances from celebrities like Carrie Underwood, Jennifer Lopez, Gloria Estefan and Jimmy Kimmel. (Paramount+)

**"Lonely Planet" (R)** — A current theme in romantic films during 2024 seems to be the concept of older women being drawn to and falling in love with younger men (e.g., "The Idea of You" and "A Family Affair"). This film starring Laura Dern ("Palm Royale") and Liam Hemsworth ("Land of Bad") provides yet another take on this theme, as novelist Katherine (Dern) embarks on a retreat in Morocco. At this retreat, she meets Owen (Hemsworth), who originally tagged along to the retreat with his writer-girlfriend, Lily. But as Owen's connection with Lily wavers, sparks begin to fly between this unavailable man and the lonely novelist. Out on Oct. 11. (Netflix)

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Laura Dern, left, and Liam Hemsworth star in "Lonely Planet."

## Contract Bridge

### EAVESDROPPING ON DEFENSE

West dealer.

North-South vulnerable.

#### NORTH

♠ 10 9 7 5  
♥ A 8 5 4  
♦ A J  
♣ A K Q

#### WEST

♠ Q 6 2  
♥ 10 6  
♦ 8 7 3  
♣ J 9 8 6 2

#### EAST

♠ A K 8 3  
♥ K 9 2  
♦ 10 9 6 5 4  
♣ 4

#### SOUTH

♠ J 4  
♥ Q J 7 3  
♦ K Q 2  
♣ 10 7 5 3

The bidding:

| West | North | East | South |
|------|-------|------|-------|
| Pass | 1 ♠   | Pass | 1 ♥   |
| Pass | 3 ♥   | Pass | 4 ♥   |

Opening lead — two of spades.

An important part of declarer's job is to play close attention to how the opponents defend on each deal. It is good policy to assume that they are defending in their own best interests, so whatever they do should be given careful consideration.

Take this case from the 2003 North American Open Pairs, where declarer failed to draw the proper inference from the opponent's defense. South reached four hearts, and West led the spade deuce.

East took the top two spades and

continued with a third spade, ruffed by South with the three as West followed with the queen. East's unusual defense — helping declarer establish dummy's ten as a trick — failed to make an impression on declarer, who next led the queen of hearts and finessed.

This was the opening East had hoped for. He took the king and returned his fourth spade, and South was doomed. If he ruffed low, West would overruff with the ten, and if he ruffed with the jack, East's nine would become a trick.

Declarer could have averted this ignominious outcome simply by crossing to the jack of diamonds and leading a heart toward his Q-J-7. As long as the opposing hearts were divided 3-2, this would have assured the contract.

If East rose with the king and returned a spade, South could ruff with the jack, after which his queen and dummy's ace would take care of the missing trumps. And if East did not rise with the king, declarer would win and play the ace of hearts next to achieve the same result.

Finally, if West had the king of hearts, leading a heart toward the Q-J-7 would also limit the defense to one trump trick.

It is true that if West had led a club initially, or if East had shifted to his singleton club at trick two, the contract could always have been defeated — but that's another story.

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by Steve Becker

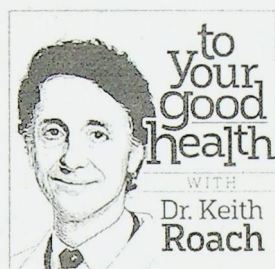
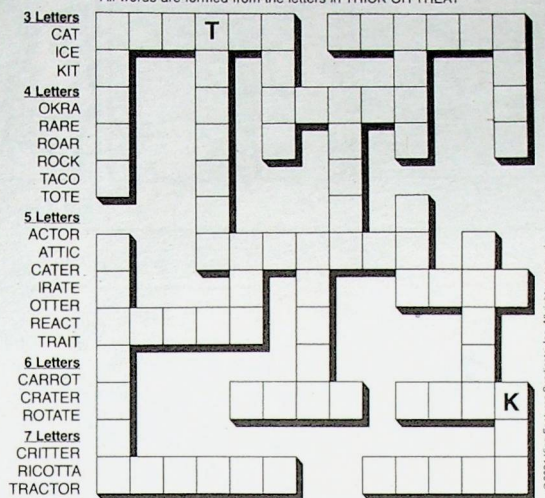
## Puzzles4Kids

by Helene Hovanec

### CRISSCROSS – TRICK OR TREAT WORDS\*

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

\*All words are formed from the letters in TRICK OR TREAT



### Learn To Adjust Your Body to a New Sleeping Schedule

**DEAR DR. ROACH:** I just retired from working the graveyard shift for 40 years. I am hoping you can share some information on how to safely learn to sleep at night once again. -- E.H.

**ANSWER:** Changing your body's circadian rhythm isn't always easy, and after such a long time, it will take longer for you. But it shouldn't be as difficult as you might fear. When people fly to the other part of the world, they need to get accustomed to a new sleep schedule, and it usually doesn't take more than a week or two for them to get accustomed. For you, it will be difficult learning to be up during the day, which is more of a behavioral issue than a circadian-rhythm issue.

The first advice I give is to push your internal time clock forward, not backward. Try to stay up two hours or so later each day until you get to a bedtime that works with your family (if appropriate) and goals. Your body has an easier time moving forward than backward.

Bright light can be your friend or your enemy. You want bright light when you wake up, not right before bed. Computers, phones and tablets all put out light that signals your brain to wake up, so don't use these before bed. Making sure that your bedroom is dark when you want to sleep is something you probably have already done, but it's still worth mentioning.

Caffeine is very helpful to a lot of people, so if you partake, do so when you awaken, not before bedtime. Some people metabolize caffeine slowly, so if you do, don't have any caffeine for at least 8 hours before planning to go to sleeps.

**DEAR DR. ROACH:** Recently, I had COVID and was given Paxlovid. I am a 74-year-

old woman with a 25-year history of a fibromyalgia-type disorder, along with rheumatoid arthritis and a few other problems. I was expecting to feel worse after taking Paxlovid, but I was quite surprised that I felt much better. The COVID symptoms were gone in 24 hours, and for the first time in years, I had energy. The fibromyalgia symptoms were gone, too.

This lasted for four days, then it was back to reality. Once I stopped Paxlovid, the symptom relief halted as well. Have you ever heard of this?-- F.P.

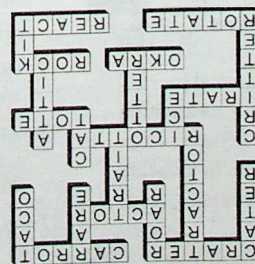
**ANSWER:** Yes, this is well-reported among the fibromyalgia community. It's not at all dissimilar to what I have heard from some patients about feeling better after getting antibiotics for an unrelated condition.

As far as I know, nobody has a definitive answer as to why this happens. I doubt very much that it is an effect of Paxlovid. Many people have tried using antivirals or antibiotics for fibromyalgia, but it does not seem to be helpful. Some authorities have speculated about it suppressing other viruses, but this isn't likely either. It seems that not only do people feel relatively better after being very sick with COVID, people report being able to do activities that they hadn't been able to do before.

I'm sorry that I don't have an answer as to why this happens. A diligent search doesn't lead me to any great insight. Obviously, a better understanding of these types of conditions would be great if it could lead to more effective treatments.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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## SENIOR NEWS LINE

by Matilda Charles

### Keeping our balance

How long can you stand on one leg? This balance ability is apparently a good indicator of how we're aging ... or so say several researchers.

Some researchers pay attention to this standing business because they think it indicates longevity. Others think a lack of that ability can point to a cognitive decline.

If you want to check your balance, stand up and keep your eyes open, don't hold onto anything, and stand on one leg without any support, lifting one leg off the ground and bent at the knee. If you're between 50 and 59, that standing time should be 37 seconds. From 60-69, aim for 30 seconds. Between 70 and 79, shoot for 19 seconds, and over 80, aim for a bit over 5 seconds.

Another source says in your 50s, aim for 40 seconds. In 60s, try for 20 seconds. In your 70s, the goal would be around 10 seconds.

If you struggle with standing for those lengths of time, there are ways to improve your balance. You can practice standing but use something for support until you get the hang of it. You'll strengthen the muscles of your legs that way. Or try dancing and walking up stairs.

Take a look at the Mayo Clinic website for suggestions on how to improve your balance in general. At mayoclinic.org, do a search for "balance exercises," where you'll find dozens of articles. Pay attention to the ones that talk about strengthening your core muscles — your lower back, hips, stomach and pelvis. With a stronger core, you'll have better overall balance. The good news about core exercises is that you can do them at home and don't need to go to the gym.

For added ideas, check out YouTube videos (youtube.com) for senior exercises. With winter about to arrive, exercises we can do at home will help keep us in shape.

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1. Who had a hit with "Spanish Harlem"?
2. Name the band that released "Black Night."
3. Who wrote and released "How Deep Is Your Love"?
4. Which group released "I Count the Tears"?
5. Name the song that contains this lyric: "My love must be a kind of blind love, I can't see anyone but you."

#### Answers

1. Ben E. King, in 1960. The song was King's first solo hit after he left The Drifters. It was used as a b-side to "First Taste of Love," but climbed to the Top Ten chart and has made it to the list of "500 Greatest Songs of All Time."
2. Deep Purple, in 1970.
3. The Bee Gees, in 1977. It was included in the film "Saturday Night Fever" starring John Travolta, one of three Bee Gees songs used.
4. The Drifters, in 1960. The song went to No. 6 on the R&B chart and was released on the group's "Save the Last Dance for Me" album.
5. "I Only Have Eyes For You," most notably by The Flamingos in 1959. The song was written in 1934 for the film "Dames," and has been released by numerous artists over the years, including Art Garfunkel and The Lettermen.

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## Puzzles4Kids

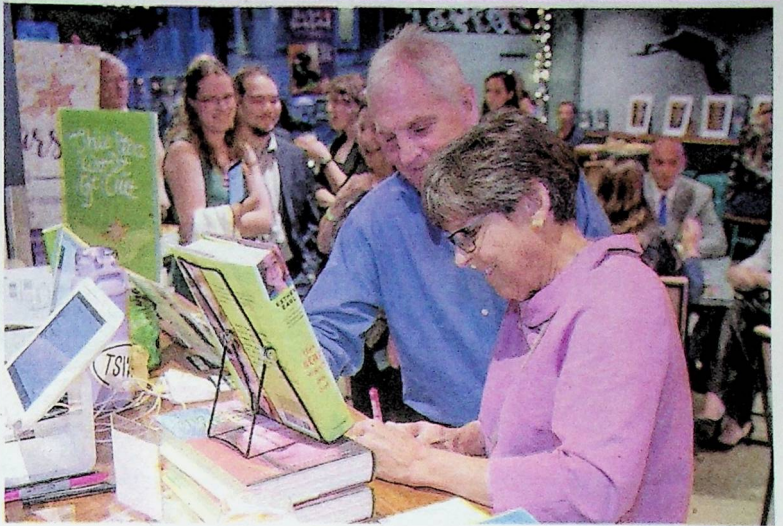
Answer





**NATICK NATIVE** Alex Barr speaks at This Star Won't Go Out's "Shine Under the Stars Gala." Barr shared an update on the positive results to date following a rare third bone marrow transplant. This Star Won't Go Out is a Quincy-based nonprofit supporting childhood cancer families.

*Photos Courtesy Alex Belisle of BelisleImages.com*



**ANNE AND KEN MCKEE** were among the guests who supported this year's "Shine Under the Stars Gala" Sept. 12 at Break Rock Brewing Co., Marina Bay. The event remembers the legacy of Esther Grace Earl, a local Quincy teen who passed away from metastasized thyroid cancer in 2010, but not before inspiring John Green to write "The Fault in Our Stars."

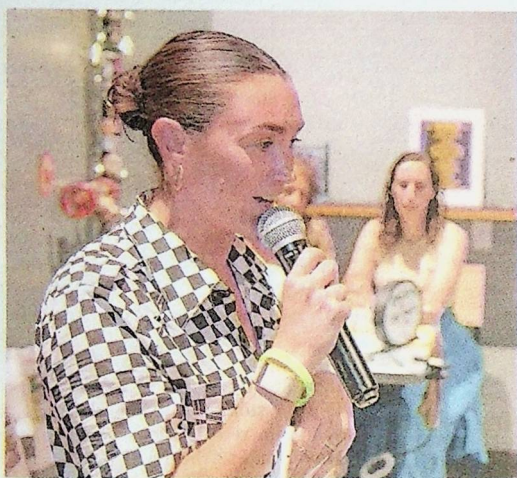
## 2024 Shine Gala Raises Funds For Childhood Cancer Families

This Star Won't Go Out, a Quincy-based nonprofit supporting childhood cancer families, held its 2024 "Shine Under the Stars Gala" Sept. 12 at Break Rock Brewing Co., Marina Bay.

The event remembers the legacy of Esther Grace Earl, a local Quincy teen who passed away from metastasized thyroid cancer in 2010, but not before inspiring John Green to write "The Fault in Our Stars." Esther also left behind journals which were published in 2014 as the New York Times bestseller, "This Star Won't Go Out: The Life and Words of Esther Grace Earl."

While listening to lively music from DJ Edison Mathieu, guests enjoyed food donated by local restaurants, including delicious hand-held sandwiches from Cucina Mia. A huge hit were the gorgeous House-made Meatballs from Evviva Trattoria—opening soon in Quincy! There was also a beautiful cake from Montilios, and pastries by Konditor Meister.

The auction and raffle kept gala attendees choosing from over 25 items donated by generous businesses. Some of the most popular gifts created "bidding wars," including the Marina Bay Basket, the New England Free Jacks VIP tickets and merch, the



**ANNIE DOW** of Brattle Entertainment emceed this year's "Shine Under the Stars Gala." Annie was a middle school classmate of Esther Grace Earl, a Quincy teen who passed away from metastasized thyroid cancer in 2010.

twosome with cart certificate for Granite Links, and a Cape Cod Vineyard dinner & tour.

Local friend Annie Dow of Brattle Entertainment (and Esther's classmate in middle school) was the engaging host, keeping everything flowing.

Natick native Alex Barr shared an update on the positive results to date following a rare third bone marrow transplant. Her fortitude and courage were inspiring.

Former STAR child Rylee Fontes shared the impact that support from This Star Won't Go Out made for their family and hundreds of other families in New England facing childhood cancer. Now in college, Rylee

proudly stated that she is 10 years cancer free!

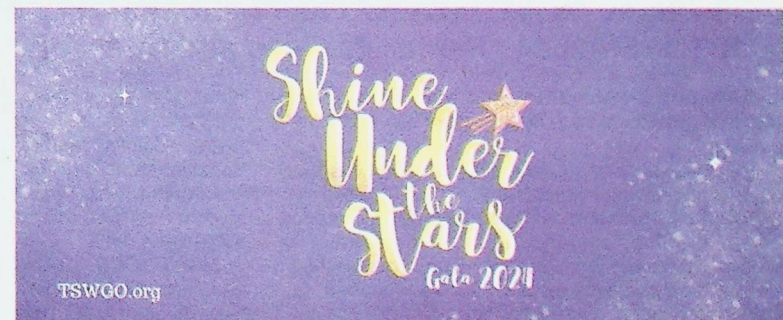
Sponsorship for the gala was provided by these generous organizations: Gold Sponsor: Verdolino & Lowey, CPA; Silver Sponsor: Bay State Property Management;

Star Sponsor: Hamel-Lydon Chapel; and an anonymous supporter. Break Rock Brewing was a generous host for the event.

This Star Won't Go Out has helped hundreds of families and raised over a half-million dollars for families facing childhood cancer, providing funds to pay for housing, utilities, travel, and other cost-of-living expenses not covered by insurance. Learn more at TSWG.org.



**JOHN WHITNEY** was crowned best dressed at the "Shine Under the Stars Gala" Sept. 12 at Break Rock Brewing Co., Marina Bay. At right is Lori Earl, founder and executive director of This Star Won't Go Out (TSWGO.org). The event remembers the legacy of Lori's daughter, Esther Grace Earl, a Quincy teen who passed away from metastasized thyroid cancer in 2010, but not before inspiring John Green to write "The Fault in Our Stars." Esther also left behind journals which were published in 2014 as the New York Times bestseller, "This Star Won't Go Out: The Life and Words of Esther Grace Earl."



*This Star Won't Go Out appreciates the generous donors and sponsors who helped raise funds for families facing childhood cancer during our Shine Gala at Break Rock Brewing on September 12, 2024!*

### Sponsors

Bay State Property Management  
Verdolino & Lowey  
Hamil-Lydon Chapel  
Anonymous

### Special Thanks

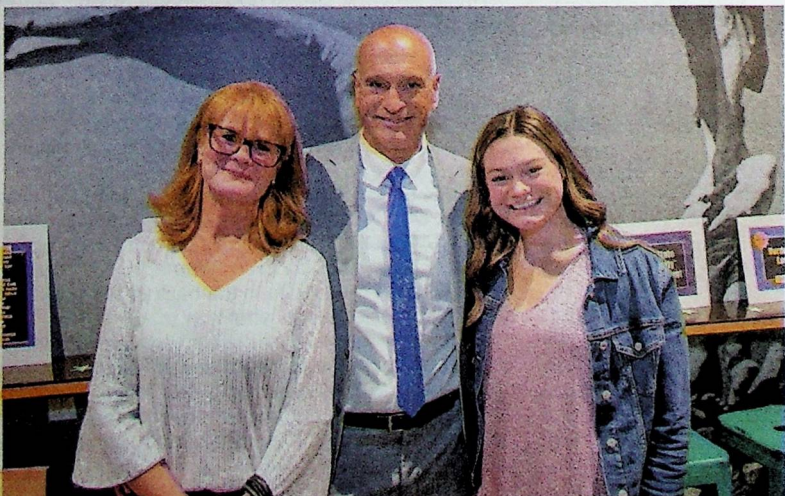
Break Rock Brewing Co.  
Annie Dow  
DJ Edison Mathieu  
Alex Belisle  
Evviva Trattoria, Quincy  
Cucina Mia  
Konditor Meister  
Montilios, Quincy

### Auction & Raffle Donors

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Marina Bay Living Boutique  
New England Free Jacks  
New England Revolution  
Norfolk Sheriff's Office  
Pearl & Lime  
ReelHouse Marina Bay  
Rogers Jewelry  
Sam Adams Beer

Skinsations  
South Shore YMCA  
Splitville  
Steel & Rye  
Tavolino  
Thru Dance  
TreeTop Adventures  
Truro Vineyards



**FORMER STAR CHILD** Rylee Fontes (right) with parents Chrissy and Kevin Fontes at the recent "Shine Under the Stars Gala."

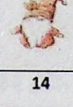
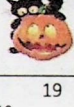
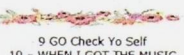
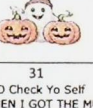




## A NEW WAY RECOVERY CENTER

85 QUINCY AVE., QUINCY MA.  
617-302-3287  
OCTOBER 2024



| MONDAY 8-8                                                                                                                                                                                                                                                                    | TUESDAY 8-8                                                                                                                                                                                                                                                               | WEDNESDAY 8-8                                                                                                                                                                                                        | THURSDAY 8-8                                                                                                                                                                                                                                                                                                                            | FRIDAY 8-8                                                                                                                                                                                                                                                        | SATURDAY 7-1                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br>9 GO Check Yo Self<br>9:30 Yoga<br>10 Peer Development Workshop<br>11 Veterans<br>1 COMMUNITY MEETING<br>Narcan HepC/HIV test<br>2:30 Computer Skills Lab<br>7-12 & 12 (AA)              | 1<br>9 GO Check Yo Self<br>9:30 Yoga<br>10 Peer Development Workshop<br>11 Veterans<br>1 COMMUNITY MEETING<br>Narcan HepC/HIV test<br>2:30 Computer Skills Lab<br>7-12 & 12 (AA)                                                                                          | 2<br>9 GO Check Yo Self<br>9:30 Al-Anon<br>11-12 Steps of ACOA<br>1 All Pathways<br>2 Artistic Expression<br>3 Voices of Hope<br>6 Quincy Men's AA<br>7 Ladies Living Free<br>7:15 Dharma                            | 3<br>9 GO Check Yo Self<br>10 - WHEN I GOT THE MUSIC<br>11 Subtle Art of Not Giving A F*#K<br>12 S.M.A.R.T.<br>Z#6173023287<br>2 Meet your Shadow<br>3:30 UnF*#k your Brain<br>6 Burn the Boats (fathers)<br>Zoom 845-0974-4979,<br>PW 888630                                                                                           | 4<br>9 GO Check Yo Self<br>1:00 All Pathways<br>2-Relapse Prevention<br>2:30 Codependency<br>6 Al Anon<br>6 Big Book (AA)<br>7:15 Queer Way -<br>7:15 Gamblers Anonymous                                                                                          | 5<br>10<br>NARCOTICS ANONYMOUS<br>                                                 |
| 7<br>9 GO Check Yo Self<br>10 - WHEN I GOT THE MUSIC<br>11 Codependency Revisited<br>1- All Pathways<br>2:30 Stages of Change<br>5:30 Bible Study<br>6:00 Womens Group<br>6:45 MENS AWOL<br> | 8<br>9 GO Check Yo Self<br>9:30 Yoga<br>10 Peer Development Workshop<br>11 Veterans<br>1 COMMUNITY MEETING<br>2:30 Computer Skills Lab<br>7-12 & 12 (AA)                                                                                                                  | 9<br>9 GO Check Yo Self<br>9:30 Al-Anon<br>10:30 music 4 wellness<br>11-12 Steps of ACOA<br>1 All Pathways<br>2 Artistic Expression<br>3 Voices of Hope<br>6 Quincy Men's AA<br>7 Ladies Living Free<br>7:15 Dharma  | 10<br>9 GO Check Yo Self<br>10 - WHEN I GOT THE MUSIC<br>11 Subtle Art of Not Giving A F*#K<br>12 S.M.A.R.T.<br>Z#6173023287<br>2 Meet your Shadow<br>3:30 UnF*#k your Brain<br>6 Burn the Boats (fathers)<br>Zoom 845-0974-4979,<br>PW 888630                                                                                          | 11<br>9 GO Check Yo Self<br>1:00 All Pathways<br>2-Relapse Prevention<br>2:30 Codependency<br>6 Al Anon<br>6 Big Book (AA)<br>7:15 Queer Way -<br>7:15 Gamblers Anonymous                                                                                         | 12<br>10<br>NARCOTICS ANONYMOUS<br>12:15 Dual Diagnosis<br>Peer Support Group<br>  |
| 14<br>CLOSED FOR<br>INDIGENOUS<br>PEOPLE<br>DAY                                                                                                                                                                                                                               | 15<br>9 GO Check Yo Self<br>9:30 Yoga<br>10 Peer Development Workshop<br>11 Veterans<br>1 COMMUNITY MEETING<br>2:30 Computer Skills Lab<br>6:30 The Sun Will Rise<br>7-12 & 12 (AA)<br> | 16<br>9 GO Check Yo Self<br>9:30 Al-Anon<br>10:30 music 4 wellness<br>11-12 Steps of ACOA<br>1 All Pathways<br>2 Artistic Expression<br>3 Voices of Hope<br>6 Quincy Men's AA<br>7 Ladies Living Free<br>7:15 Dharma | 17<br><br>9 GO Check Yo Self<br>10 - WHEN I GOT THE MUSIC<br>11 Subtle Art of Not Giving A F*#K<br>12 S.M.A.R.T.<br>Z#6173023287<br>2 Meet your Shadow<br>3:30 UnF*#k your Brain<br>6 Burn the Boats (fathers)<br>Zoom 845-0974-4979,<br>PW 888630    | 18<br>9 GO Check Yo Self<br>1:00 All Pathways<br>2-Relapse Prevention<br>2:30 Codependency<br>6 Al Anon<br>6 Big Book (AA)<br>7:15 Queer Way -<br>7:15 Gamblers Anonymous<br> | 19<br>10<br>NARCOTICS ANONYMOUS<br>12:15 Dual Diagnosis<br>Peer Support Group<br> |
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| 28<br>9 GO Check Yo Self<br>10 - WHEN I GOT THE MUSIC<br>11 Codependency Revisited<br>1- All Pathways<br>2:30 Stages of Change<br>5:30 Bible Study<br>6:00 Womens Group<br>6:45 MENS AWOL                                                                                     | 29<br>9 GO Check Yo Self<br>9:30 Yoga<br>10 Peer Development Workshop<br>11 Veterans<br>1 COMMUNITY MEETING<br>2:30 Computer Skills Lab<br>7-12 & 12 (AA)                                                                                                                 | 30<br>GO Check Yo Self<br>9:30 Al-Anon<br>10:30 music 4 wellness<br>11-12 Steps of ACOA<br>1 All Pathways<br>2 Artistic Expression<br>3 Voices of Hope<br>6 Quincy Men's AA<br>7 Ladies Living Free<br>7:15 Dharma   | 31<br>GO Check Yo Self<br>10 - WHEN I GOT THE MUSIC<br>11 Subtle Art of Not Giving A F*#K<br>12 S.M.A.R.T.<br>Z#6173023287<br>2 Meet your Shadow<br>3:30 UnF*#k your Brain<br>6 Burn the Boats (fathers)<br>Zoom 845-0974-4979,<br>PW 888630                                                                                            |                                                                                                                                                                              |                                                                                                                                                                       |

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## A NEW WAY RECOVERY CENTER • 85 Quincy Ave., Quincy • 617-302-3287

### OCTOBER 2024 - Narcan Training and HEPC/HIV Testing is at 1 p.m. every first Tuesday of the Month

**Al-Anon:** A 12-step support group to help family and friends recover from the effects of someone else's drinking.

**All Pathways:** is an open discussion meeting welcoming all pathways in recovery.

**Artistic Expression:** Using art therapy as a springboard, intention being to use art as a means of expressing thoughts and feelings. One intention being open to new perspectives and new ways to view oneself and the world in which we live.

**Big Book Meeting:** a 12-step discussion Big Book meeting of Alcoholics Anonymous.

**Burn The Boats:** Are you a father in Recovery, or willing to try? This group will be an A.A. solution-based recovery meeting, speaker/ open discussion. All Fathers are welcome.

**GO CHECK YO SELF:** Get your day off on a positive note. Check-in with other Peers, get or give support in a safe supportive environment with those who "get it".

**Codependency Revisited:** (original and II) We are currently reading Melody Beaties newest book on codependency please join us as we explore our lives and endeavor to improve on our behaviors with the help and guidance of each other. We grow in community.

**Community Meeting:** is an open meeting where Peers are encouraged to bring their ideas and concerns to the community. It's a great way to get involved with all that is going on at A New Way.

**Dharma:** is a peer led meeting that uses Buddhist teachings to heal from the suffering of addiction

**Dual Diagnosis:** Do you struggle with substance use and mental health issues? This is a support group for Peers that have similar feelings and worries meeting the challenges of daily life. Together we will explore topics to help us cope with the challenges together.

**Gamblers Anonymous:** The Gamblers Anonymous

12-Step recovery program (like other 12-Step programs such as Narcotics Anonymous) is intended to help addicted gamblers accept responsibility for their behavior and do everything in their power to change it.

**Ladies Living Free:** N.A. meeting for women

**Men's AWOL:** "A way of life" An intense focusing on the Twelve Steps.

**MEET YOUR SHADOW:** A group designed to delve deep into the inner parts of our subconscious mind & help recognize the hidden aspects of our psyche to improve our self-awareness to understand our motivations, desires, fears and behaviors better.

**Music 4 Wellness:** Therapeutic music group for women in recovery

**NA Meeting:** Narcotics Anonymous is a 12-step fellowship for anyone struggling with the disease of addiction.

**Narcan HIV/HepC testing** - Monthly Narcan training, HIV/HepC testing performed by Manet Community Health Services on

**Overeaters Anonymous:** Quarterly meeting (call center for more information)

**Peer Development Workshop:** A rotating series of trainings for Peers.

**Queer Way:** All persons and recovery modalities are welcome. Join us as we explore where recovery can take us in our journey to better know and embrace the truest version of ourselves. This meeting will follow a rotating/revolving schedule so that every week we can explore something different.

**Quincy Men's Meeting:** discussion meeting utilizing AA's daily meditation for men.

**Relapse Prevention:** Preventing relapse in daily life is continuous and where the work of successful recovery starts. This group will discuss strategies and coping skills to prevent relapse when faced with challenges, stressors and triggers.

**SMART Recovery:** a science-based self-help sup-

port group whose methods can be used to alter any negative behavior (substance use, eating disorders, gambling, etc.) Zoom ID# 617-302-3287

**Stages of Change:** Join us as we discuss and explore the stages of change

**Subtle Art of Not Giving A F\*#k:** Reading and Discussion of aforementioned book

**The Sun Will Rise:** A once-a-month support meeting for those dealing with the loss of a loved one from overdose.

**TWELVE STEPS OF ACOA:** A support group to help individuals who desire to recover from the effects of growing up in an alcoholic family.

**Twelve and Twelve:** Step work can be one of the most vital tools we can learn in recovery. Join us as we read from The Twelve Steps and Twelve Traditions of AA

**UnF\*#k Your Brain:** A workbook guided group that uses science to get over anxiety, depression, anger, freek-outs, and triggers.

**Veterans Support:** The Veteran's Support group is a support group run for veterans by veterans.

**Voices of Hope:** Recovery choir. Community choir with vocal training; newcomers welcome; all singing abilities welcome!

**WHEN I GOT THE MUSIC:** share a song for all to listen to, a song that helped you through a struggle.

**WOMANS GROUP:** Women's discussion group

**WOMEN IN RECOVERY:** Women's AA meeting where we read the stories in the back of the book and discuss and reflect upon what was read.

**Yoga:** We learn how to develop a healthy relationship to how we perceive, react, and ultimately live. The goal of yoga is to take the tools you find on your mat and apply them to your life. An all-level class. Please be sure to arrive at 9:50 so as not to disturb the class once it has begun with late entry.

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